

Veterans Who Have Passed Since Memorial Day 2019 - Page 14
 AL, Veterans Services Memorial Day Messages - Page 2, Page 15
 Scouts Salute Healthcare Workers, First Responders - Page 32



2

CAR-RT LOT-C-004
 THOMAS CRANE LIBRARY
 40 WASHINGTON ST
 QUINCY, MA 02169-5304

The Quincy Sun

Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 52 No. 36

Thursday, May 21, 2020

\$1.00

★ Memorial Day ★
 ★ Remembrance ★
 ★ ★ ★ 2020 ★ ★ ★



LEO REARDON, a Navy veteran and past commander of the George F. Bryan VFW Post 613, Quincy, decorates veterans' graves at Pine Hill Cemetery in observance of Memorial Day. Reardon - shown wearing a face mask due to the social distancing guidelines brought on by the COVID-19 pandemic - has been decorating graves in the veterans' section at Pine Hill for more than a dozen years. There are more than 500 veterans from World War I, World War II, Korea and Vietnam buried in this section at Pine Hill Cemetery. In all, Quincy Veterans Services coordinates decorating the graves of some 7,500 veterans in six city cemeteries: Pine Hill, Mount Wollaston, Sailor's Pond, Hancock Cemetery, Snug Harbor in Germantown and Hall Place in West Quincy.

Quincy Sun Photo/Robert Bosworth



Koch Proposes \$340 Million Budget - Page 3
 State Businesses Begin Reopening - Page 11
 Hoop, Tennis Courts Open Limited Basis - Page 6

More Quincy news:

The Quincy Sun.com



AMERICAN FLAGS decorate the graves of more than 500 veterans of World War I, World War II, Korea and Vietnam buried in veterans' section at Pine Hill Cemetery, West Quincy. Flags are also being placed at six other city cemeteries in observance of Memorial Day, including Mount Wollaston Cemetery. In all, Quincy Veterans Services and volunteers decorate 7,500 veterans' graves with an American flag. This photo was taken April 29.

Quincy Sun Photo/Robert Bosworth

Memorial Day Message From The American Legion

The following text is the speech given by the National Commander of the American Legion on Memorial Day Monday, May 25. It was submitted by the American Legion to be shared with Quincy Sun readers.

Every crisis has new heroes. During the 9/11 attacks, they were the first responders running into burning and crumbling buildings as others ran out. Now, during the Coronavirus pandemic, the most visible heroes are the health care pro-

fessionals, who are saving others and risking their own lives while doing so.

These heroes have much in common with the people that we honor today - America's fallen veterans. They are men and women who have sacrificed their own lives so others could live. They are both elite and ordinary. They are elite in the sense of character. Giving your life so others could live is the ultimate definition of selfless.

They are ordinary in

the fact that they represent the diverse fabric of our country. They are rich and poor, black and white, male and female. They come from every ethnicity and background. In short, they looked like anyone of us.

As we celebrate the selfless and untiring performances of the healthcare workers during the COVID-19 pandemic, it brings to mind the military medics, doctors and nurses who sacrificed their lives while treating others on the battle-

field.

One such hero was Pharmacist Mate Third Class Jack Williams. The Navy Reserve corpsman was only 20 years old when he landed on Iwo Jima 75 years ago.

On March 3, 1945, James Naughton, a Marine in Williams' unit, was wounded by a grenade. While under intense enemy fire, Williams dragged Naughton to a shallow depression and treated his wounds. Williams used his own body as a screen and was shot four times. Yet

he continued.

After he treated Naughton, Williams dressed his own wounds. He then proceeded to treat another Marine, despite his own immense pain. While heading to the rear, he was hit by a sniper's bullet and killed. For his actions, Petty Officer Williams was awarded the Medal of Honor.

We also remember Army veterans like Lieutenant Sharon Lane.

According to her biographer, Philip Bigler, Lt. Lane

threw herself into her work as a nurse. While serving in Colorado, she requested a transfer to Vietnam.

"There, at least, you are busy 12 hours a day, six or seven days a week," she said in a 1968 letter to her parents.

Her dedication was obvious, even as she treated enemy Viet Cong soldiers who would return the favor by kicking, cursing and spitting at their American captors.

In the early morning of June 8, 1969, Sharon's tour of duty ended. A Soviet-built rocket struck the hospital. Lieutenant Sharon A. Lane was killed in action at age 25.

If she were still here, her skills as a nurse might still be benefiting us during the current crisis. But not all of the heroes working during the COVID-19 pandemic are in the healthcare industry. Grocers, first responders, delivery workers and drive-through restaurant employees are just a few of the many people that we rely on to provide vital services for society while risking their own safety.

The military also has heroes in every occupational field. Truck drivers, cooks and administrative clerks have all paid the ultimate price. At sea, on land or in the air - military service requires great risk.

Roy Knight, Jr. was a pilot in the U.S. Air Force. On May 19, 1967, he was

Cont'd On Page 4

THE AMERICAN LEGION
and **The Quincy Sun**
remember that
**FREEDOM
IS NOT FREE.**

MEMORIAL DAY 2020

www.legion.org

M
A
Y

2
1

2
0
2
0

\$340 Million FY '21 Budget Proposed

By **SCOTT JACKSON**

Mayor Thomas Koch on Monday unveiled his proposed \$340.25 million budget for the fiscal year that begins July 1, a budget he called a "protection plan" that avoids cuts to key city services and layoffs of municipal workers amid the

coronavirus pandemic.

Koch said he also hopes to avoid a property tax increase next year.

The mayor introduced his budget at Monday night's City Council meeting, which was held via video conference. The council

Cont'd On Page 19

Learn To Document An Ancestor May 26

There's no need to write a full family history. How about beginning your story with one really interesting ancestor?

Get started with census records, add more tidbits, and do a little research along the way, until we reach the point of deciding where and how to publish our results.

Join genealogist Seema Kenney for this online program at 7 p.m. Tuesday, May 26 on Zoom or YouTube.

Kenney is an experienced software instructor and a professional genealogist. Based on more than 20 years of research, her known roots are deep in New England as well as England, Germany, and Sweden. DNA results recently added a line from The Netherlands to her family tree. She has a certificate in Genealogical Research from BU, completed ProGen, and is an active member of several societies and part of the NERGC planning committee.

Join the program online on Zoom by entering meeting ID 850-3547-1781. Join



SEEMA KENNEY

from the free Zoom app, not from a browser.

Participants can call in for audio only on Zoom at (646) 558-8656 with the same meeting ID.

If you don't have Zoom, join the program's live stream on our YouTube channel at [youtube.com/ThomasCranePublicLibrary](https://www.youtube.com/ThomasCranePublicLibrary). If you're new to Zoom, we recommend you try it out beforehand. If you're having trouble with it, ask us for help during our Help Desk hours at thomascranelibrary.org/chat.

This program is sponsored by the Friends of the Thomas Crane Public Library. To learn more about the Friends, go to thomascranelibrary.org/friends.

Tavern Restaurant Delivers Meals To Hospital Nurses



GRANITE LINKS TAVERN restaurant recently delivered 120 lunches to the nurses at South Shore Hospital in Weymouth. Shown here are Gregory Tayetto (left), general manager, Granite Links; and Walter Hannon, partner at Granite Links.

Courtesy Photo

Early Deadline For Next Week's Quincy Sun

Because of the Memorial Day holiday Monday, there is an early news and advertising deadline for next week's Quincy Sun.

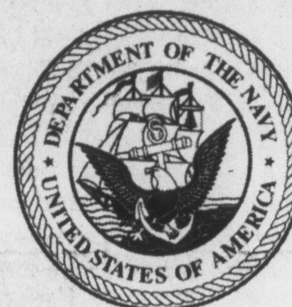
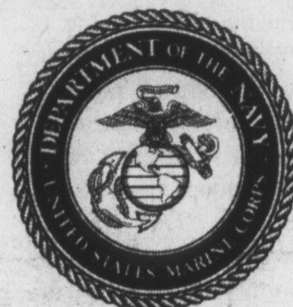
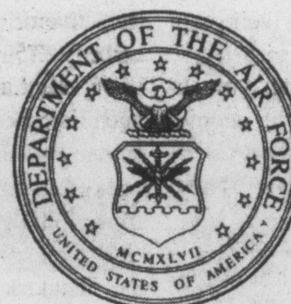
News, church, organizations and youth sports releases, retail and classified advertising and legal notices should be in The Sun office,

1372 Hancock St., Quincy, by noon tomorrow (Friday) to assure publication in the May 28th issue.

The Sun office will be

closed Monday, May 25 in observance of Memorial Day.

For more information, call The Sun office at 617-471-3100.



Colonial Federal Savings Bank and its employees invite you to join us in honoring America's veterans.

"... let us solemnly remember the sacrifices of all those who fought so valiantly, on the seas, in the air, and on foreign shores, to preserve our heritage of freedom, and let us reconsecrate ourselves to the task of promoting an enduring peace so that their efforts shall not have been in vain."

Dwight D. Eisenhower



COLONIAL FEDERAL SAVINGS BANK

"Your neighborhood bank!"

QUINCY: 15 Beach Street 617-471-0750 • 1000 Southern Artery (Residents only) 617-479-1430
HOLBROOK: 819 South Franklin Street 781-767-1776
EAST WEYMOUTH: Middle & Washington Streets 781-331-1776 • www.colonialfed.com

Member FDIC
EQUAL OPPORTUNITY LENDER

WE'RE OFFERING
**in-store pick up and
call ahead ordering**
TO BEST SERVE YOU RIGHT NOW.

Order online at www.coffeebreakcafe.net

**TRY OUR FLAVOR OF THE MONTH IN MAY
CINNABUN**

SEASONALS:

White Chocolate Mousse
Red Velvet Cupcake

12 Old Colony Avenue
Quincy: 617-773-9420

24 Central Avenue
Milton: 617-696-2326

680 Truman Parkway
Hyde Park: 617-910-9175

Now Open!
102 Franklin Street
Quincy: 617-481-5257

Coming soon:
479 Washington Street
Quincy



The Quincy Sun

(USPS 453-060)
Published Weekly on Thursday by
The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
Publisher and Editor

Henry W. Bosworth, Jr.
Founder
1968 - 2009

\$1.00 per copy newsstand • \$40 per year in Quincy
\$42 per year by mail outside Quincy • \$50 out-of-state

Telephone: 617-471-3100 Fax: 617-472-3963

online at: www.thequincysun.com

email address: thequincysun@verizon.net

rbosworth@thequincysun.com

Periodicals postage paid at Boston, MA
Postmaster Send address change to:
The Quincy Sun, 1372 Hancock St., Quincy, MA 02169

The Quincy Sun assumes no financial responsibility for typographical errors in advertisements but will reprint that part of an advertisement in which the typographical error occurs.



**Moments
in time**

THE HISTORY CHANNEL

• On **June 3, 1800**, President John Adams becomes the first acting president to take up residence in Washington, D.C. Unfortunately the White House was not yet finished, so Adams moved into temporary digs at Tunnicliffe's City Hotel near the also half-finished Capitol building.

• On **June 6, 1833**, in Maryland, President Andrew Jackson boards a Baltimore & Ohio Railroad steam train for a pleasure trip to Baltimore, becoming the first president to take a ride on an "Iron Horse." The B&O Railroad began operation in 1828 with horse-drawn cars.

• On **June 1, 1926**, Norma Jeane Mortenson -- who would become known as the actress and sex symbol Marilyn Monroe -- is born in Los Angeles. During World War II, a photographer "discovered" the photogenic Norma Jeane working in a California munitions factory.

• On **June 2, 1935**, baseball great Babe Ruth ends his Major League career after 22 seasons, 10 World Series and 714 home runs. The following year, Ruth was one of the first five players inducted into the sport's hall of fame.

• On **June 5, 1949**, bestselling thriller writer Ken Follett is born in Wales. After college he wrote a novel just for the \$400 advance, which he needed to fix his car. The book flopped, and after 10 more novels he finally broke through with "The Eye of the Needle" in 1979.

• On **June 7, 1962**, the banking institution Credit Suisse opens the first drive-through bank in Switzerland in downtown Zurich. After mounting problems with Zurich's downtown traffic led to fewer and fewer customers, the drive-thru was closed in 1983.

• On **June 4, 1986**, Jonathan Pollard pleads guilty to espionage for selling top-secret U.S. military intelligence information to Israel. The former Navy intelligence analyst sold enough classified documents to fill a medium-sized room. He was sentenced to life in prison.

(c) 2020 Hearst Communications, Inc./All Rights Reserved

Memorial Day Message From The American Legion

Cont'd From Page 2

shot down while attacking a target on the Ho Chi Minh trail in Laos. He was posthumously promoted to colonel. Last year, a joint team from the Defense POW/MIA Accounting Agency discovered and later identified Col. Knight's remains.

When his remains arrived at Dallas's Love Field, a crowd had gathered to witness the dignified transfer of the flag-draped casket from the Southwest Airlines jet into the receptive arms of the military honor guard. One observer reported that the entire crowd fell silent,

The Southwest flight was piloted by another Air Force veteran, Col. Knight's son, Bryan. Bryan Knight was only five-years-old when he said goodbye to his father as the elder Knight left for Vietnam.

This is yet another legacy that these heroes leave behind. A legacy that includes their sons, daughters, grieving parents, grandparents and friends.

Their heroic acts are sometimes performed to protect those with whom they serve. Corporal Jason Dunham was a squad leader with the Third Battalion, 7th

Marines in Iraq.

On April 14, 2004, his squad approached a Toyota Land Cruiser. After his squad discovered AK-47s in the vehicle, the enemy insurgent exited and engaged in hand-to-hand fighting with the unit. The driver dropped a grenade.

To save his fellow Marines, Corporal Dunham made the ultimate sacrifice. He threw himself on the grenade and tried to use his helmet to shield the blast. Severely wounded by the grenade's fragments, Cpl. Dunham was taken off life-support eight days later.

Corporal Dunham died so other Marines could live. He, too, was awarded the Medal of Honor for his gallantry.

Approximately one million men and women of the U.S. military have lost their lives in defense of our nation since the founding of this great Republic.

Not all have died from enemy fire. Some have died from diseases that have too often festered around war zones. Often times, deaths from disease and accidents outnumbered casualties caused by enemy weapons.

During the Spanish

American War, 60 soldiers of the all-black 24th Infantry Regiment volunteered to serve as nurses. Thirty-six of them would later die of yellow fever or malaria.

A generation later, the flu would kill nearly 16,000 U.S. soldiers in France during World War I. Another 30,000 American servicemen died in stateside camps. These men and women could have isolated safely in their homes. But they knew they had an important job to do. A mission to accomplish. They were all on a mission to serve.

Even when the enemy is

pets, the Quincy boys being the first to enter, Frank was amongst the first privates and it was there he received his wound. He had loaded his piece and fired twice and was loading the third time when when a confederate ball struck his chest, he fell back into the arms of private Warren Spear and was brought out of the parapets.

When some of the boys took him to carry him to the surgeon, he cried out "put me down boys, and do your duty." Souther died of his wounds later that day. He was the only man in his company to die; his body was wrapped in an American flag and was returned to Quincy.

There he was preached at the Stone Temple and he was buried at Mount Wollaston Cemetery, Quincy's first casualty of the Civil War.

In the years of the war that followed hundreds of Quincy men that had enlisted or were drafted. Totals vary however 664 to maybe as many as 954 served when the town's population was just under 7,000. One hundred and five of these men died from wounds or service related illness.



FRANCIS SOUTHER of Quincy was a member of the Hancock Light Guards, a militia unit that formed for the Union Army in the Civil War. Souther appears in the front row, fifth person from the right. Courtesy Photos

Honoring Our Fallen Civil War Hero

By DOUGLAS MORRILL

When we commemorate Memorial Day I would like the reader to remember one of Quincy's fallen heroes. His name was Francis Lincoln Souther. He was the first Union soldier killed in combat in the Civil War.

Frank was born on May 27, 1836 in Quincy Point and was the grandson to John Souther who owned the Souther Tide Mill and Souther shipyard in Quincy. He worked there as a ships carpenter. On June 21, 1857, Frank married Frances Morton Holt, they became parents to two daughters, Marcella Adams Souther and Annie Delight Souther.

Frank was a member of the Hancock Light Guards of Quincy, a militia unit. Following the bombing of Fort Sumter [there where no death by combat] the Hancock Light Guards answered President Abraham Lincoln call for troops for a 90 day enlistment. The Hancock Light Guard, in their gray uniforms with scarlet trimmings, became company H of the 4th Massachusetts Regiment.

Frank at age 24 and his 19 year old brother Horace enlisted as privates and mus-



FRANCIS SOUTHER was Quincy's first casualty of the Civil War. The 25-year-old Army private was buried at Mount Wollaston Cemetery, Quincy.

tered out at Boston Harbor, and was sent to Fort Monroe in Hampton, Virginia.

The regiment was to take part in the first serious conflict of the Civil War, the battle at Big Bethel, Virginia on June 10, 1861. Big Bethel was a small town south of Hampton on the

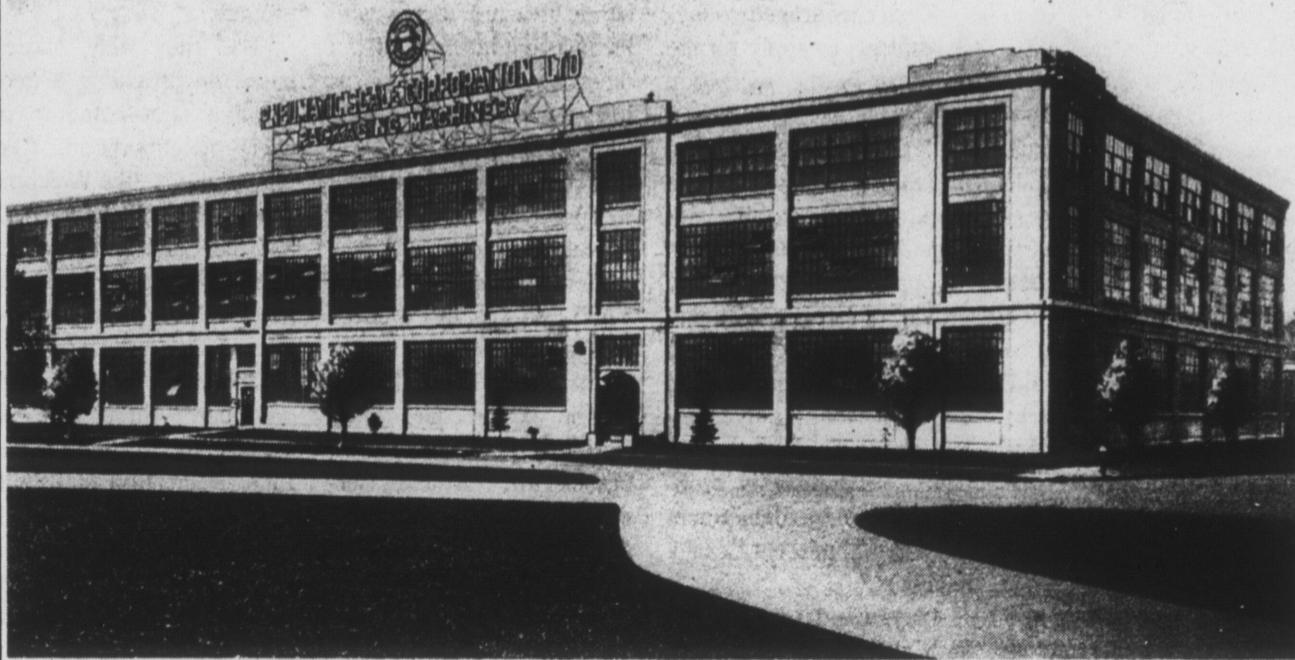
M
A
Y

2
1

2
0
2
0

Thank you.
James W. "Bill" Oxford
National Commander
The American Legion

Scenes From Yesterday



THIS IS A 1941 real photo postcard view of the Pneumatic Scale Corporation's building that was on the corner of Newport Avenue and Holbrook Road across from the Norfolk Downs railroad depot. Founded in 1896 in Boston by William H. Doble, a West Quincy grocer, the company manufactured food-packing machinery. They soon outgrew the Boston shop and moved into two wooden buildings on this site in Norfolk Downs in 1906. In 1920, this three-story, 100,000-square-foot factory was built for \$30,000 with poured-in-place concrete. It was the most modern factory in Quincy. As the company grew it produced a wide variety of machinery used in all

aspects of product packing; from filling bottles, labeling and capping them to producing boxes, folding, filling, weighting and sealing them. They also made machines to fold and fill teabags. Thousands of familiar products were packaged with their machines and a large billboard on the plant showcased some of the products to the passing trains. At any time the company employed several hundreds of workers here. The business was sold in the 1990s and moved out of state. The building was demolished and today a Stop & Shop Supermarket is on this site.

From the Postcard Collection of Tom Galvin

Quincy's Yesterdays

This Week
1975
45 Years Ago

Strong Opposition To School Board Expense Account

A suggestion to grant school committee members expense accounts appears doomed in the face of strong school committee opposition.

The matter was scheduled for discussion at an upcoming school committee meeting at the request of School Committee Member Daniel G. Raymondi who is opposed to the expense account proposal.

Raymondi said he planned to "air once and for all" a suggestion to grant expense accounts to school committee members.

Raymondi said committee member John J. Sullivan raised the matter during an executive session meeting of the committee.

School Committee Members Harold Davis, Frank Abseimo, and Frank McCauley also expressed opposition to the proposal.

CITY MUST TAP E & D FUND TO AID TAX RATE
Mayor Walter J. Hannon said the city would be forced to tap the Emergency and Deficiency Fund (E & D) to keep the tax rate as low as possible.

The E & D Fund, known as the city's rainy day account, now contains \$370,313 according to City Auditor Charles L. Shea.

The city was faced with a loss of \$2.2 million in state aid, which could add nine dollars to the present rate of \$159.90.

Hannon blamed the unexpected loss in state aid revenue on forced busing in Boston. "We are paying for busing," said Hannon. "Boston needs the money to bus kids."

FRANCIS SULLIVAN VETS SERVICE DIRECTOR
Mayor Walter Hannon appointed Francis L. Sullivan as Director of Veterans Services. He succeeded William Villone who retired.

Sullivan has been assistant director for 15 years. A graduate of Quincy High School, he was a lifelong resident of Quincy. In making the appointment, Mayor Hannon said he was "pleased to be able to fill the position with a career employee of the city."

QUINCYISMS

Michelle Ward, daughter of Mrs. Rita Ward, 78 Quarterdeck Rd., Germantown, was awarded a four-year Merit Scholarship according to Principal Lloyd Creighton of Quincy High School. Merit winners are determined on the basis of test scores, high academic records and extracurricular activities... Janet Gosselin was installed as president of the St. Mary's Guild, succeeding Louise LaRaia... Cynthia A. Gunnison, daughter of Mr. and Mrs. Howard Gunnison, 563 Furnace Brook Parkway, was installed as Worthy Advisor of Wollaston Assembly Order of Rainbow for Girls... Granite Cooperative Bank, with offices in North Quincy and Downtown Quincy Center, was offering: "A Free Massachusetts Bicentennial Serving Platter" for a deposit of \$100 or more in a new or existing savings account... Mayor Walter Hannon designated the month of May as "Senior Citizens Month"... Quincy Junior College announced the "Lowest Tuition Rates in Massachusetts" for the summer program of classes (June 2 to July 11), \$19-\$22 per semester hour... The Quincy Sun "Sunbeams Column" reported the following: State Rep. William Delahunt was considering a run for councillor at-large in the fall election... Rep. Joseph E. Brett was installed as vice-president of the Massachusetts Legislators Association... Installation ceremonies and a reception were held for Rev. James L. Kimmell, first pastor of the Faith Lutheran Church on Granite Street... Seven ninth grade students were scheduled to be confirmed at Bethany Church on Sunday, May 18. They were: David L. Carr, Denise Van Dine, Timothy Hall, Jonathan Green, William Ross, Edward Fenby and Janice Siddens... Rev. James P. Hart, pastor of the Most Blessed Sacrament Church, Houghs Neck, received citations from the city on the occasion of the church's 60th anniversary. Presenting the citations were Ward One Councillor Leo J. Kelly and School Committee Member Harold Davis... The fifth anniversary of Survival, Inc., was to be celebrated with a dinner at the Knights of Columbus Hall, North Quincy, on May 19. Survival, Inc., is a youth and drug program serving the South Shore. The late Dr. Charles Djerf founded the program... Bernard M. Reisberg, 1399 Quincy Shore Dr., received and certificate of administrative merit from the First Coast Guard District of Boston. A member of the First Coast Guard District Auxiliary for 12 years, Reisberg was the owner of Bernie's Modern Formal Shop in Quincy.

Fr. Bill's, NeighborWorks Housing Receive \$10,000 Donations

Two local non-profit organizations have received a \$10,000 donation from HarborOne Bank in recognition of the economic damage caused by the COVID-19 pandemic.

The non-profits are Father Bill's & MainSpring

and NeighborWorks Housing Solutions. In all, HarborOne Bank donated \$125,000 to dozens of nonprofit partners serving the most vulnerable citizens across Greater Boston, Southeastern Massachusetts and Rhode Island. To date,

HarborOne Bank has donated more than \$250,000 in response to the COVID-19 pandemic.

"These nonprofit partners have exhibited the utmost compassion and innovative spirit to fulfill the needs of our community," said James

Blake, CEO of HarborOne Bank. "They are working tirelessly to ensure individuals and families have access to food, housing and childcare during these unprecedented times. They all deserve our help, our contributions and our thanks."

READERS FORUM

Thank You For Recent Random Acts Of Kindness

I would like to inform you about works of kindness that I received during the past two weeks.

A Quincy police officer who lives near me dropped off a beautiful bouquet of flowers at my front door. I had gone to a mailbox to mail some letters. What a

nice surprise.

Then, a family from Rock Island Road, their two children, drew beautiful pictures on my sidewalk leading to my front door.

I have been a widow for over 16 years and got married on Mother's Day 64 years ago. I'm not a Necka

-I grew up in Quincy Point and went to St. Joseph's School. My husband was in the computer field but could do anything. He knocked down an old shack and he and his brother and my brother dug out to make a foundation. His uncle lived

next door and was a carpenter. I had three children then, but after 12 years number four arrived.

I hope you enjoy my short note. Thank you.

Sincerely,

Mary Larson
Bay View Ave., Quincy

QHS Class Of '72 Donates To COVID-19 Relief Fund

Dear Quincy Sun
As an officer of the QHS Class of 1972, it is my privilege to let you know that we have accepted the challenge from the QHS Class of '74

to contribute some of our reunion funds to the Quincy Relief Fund knowing this will help those in need during this Covid19 crisis.

Our class was able to do-

nate \$400 from our funds, as we loved growing up in the City of Quincy and wanted to pay it forward. We would like to encourage other classes to come forward this

month and make a difference.

Thank you,
Laura Lawrence Blumberg
QHS Class of 1972

Phillip Kostka Earns Doctor Of Philosophy From GSU

Phillip Kostka of Quincy recently graduated from Georgia State University in Atlanta with a Doctor of Philosophy degree from the university's College of Arts and Sciences.

Kostka majored in communication with a focus in public communication.

SUBSCRIPTION FORM

FILL OUT THIS SUBSCRIPTION BLANK AND MAIL TO

The Quincy Sun

Historic Quincy's Hometown Weekly Newspaper Since 1968

1372 HANCOCK STREET, QUINCY, MA 02169

NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____

CHECK ONE BOX IN EACH COLUMN

<input type="checkbox"/> 1 YEAR IN QUINCY	\$40.00	
<input type="checkbox"/> 1 YEAR OUTSIDE QUINCY	\$42.00	<input type="checkbox"/> CHECK ENCLOSED
<input type="checkbox"/> 1 YEAR OUT OF STATE	\$50.00	

City Reopens Basketball, Tennis Courts On Limited Basis

Began Monday At 22 Locations • On-site Registration • Social Distancing Guidelines Enforced

By SCOTT JACKSON
Quincy re-opened its basketball and tennis courts this week on a limited basis after they had been closed amid the coronavirus pandemic.

Mayor Thomas Koch and Commissioner of Natural Resources David Murphy on May 13 announced the courts would re-open beginning Monday (May 18).

Murphy said officials identified 22 locations throughout the city that could re-open. The courts will be open from 8:30 a.m. to 8:30 p.m. Basketball courts will be for single-use only — with the exception of children playing with parents — and the tennis courts will be for singles play only. Recreation staff will be hired to oversee the on-

site registration process and to enforce social distancing guidelines.

Murphy said residents should not confuse the staff onsite with the summer recreation program leaders. The city is awaiting state guidance before determining if the summer recreation program can go forward this year.

"This is not the rec camp program," Murphy said. "We are waiting for guidance from the governor on that. This is simply staff overseeing the tennis and basketball courts. People should not send their kids down to the local neighborhood park anticipating a rec leader will be there."

The city's parks have remained open, though the basketball and tennis courts

had been closed. Koch said residents should feel free to get outside and exercise.

"We have had QPD help us patrol some of the park areas and I think some things get misinterpreted. People reached out over the weekend to me that they were asked to leave Faxon Park and they were just walking the trails. That should not be a problem," the mayor said. "We have kept the parks open for single use like jogging or walking. It was the team play stuff that was the issue when you could not social distance."

"Now we are getting into much better weather and we do have some beautiful park spaces, so we want to encourage people to use them under the limitations that the Department of Natural Re-

sources has come up with." Koch encouraged younger residents to apply for the openings in the recreation program.

"This is also an opportunity to get our young people working and earning income," he said. "By opening up our parks, we are providing safe, recreational opportunities for residents and hopefully stimulating our local economy by creating income for Quincy residents. Recreation is probably the only department that has 100 percent Quincy residents."

Playgrounds and tot lots have also been closed since the start of the outbreak. Murphy said they will still

remain closed for the time being, "because there is still inconsistent information out there about how the virus lives on metal and plastic surfaces."

Tennis and basketball will be available at the following facilities:

Fenno Street, Beechwood Knoll, Squantum/Wendall Moses, Russell Park tennis courts/track, Mass Fields, Bishop, LaBrecque, Snug Harbor, Broad Meadows, Forbes Hill, O'Rourke, Bernazzani, Faxon Park, Smith and Quarry Street, South-West Middle School, Fore River Field, Perkins Field, Wollaston School, Cavanaugh Stadium, Flynn Playground, Marshall School

and Bradford Street Playground.

The sites were chosen based on providing a geographic representation of every neighborhood. Certain facilities, like Welcome Young Park, Flaherty Park and the Pond Street Skatepark, are under construction and not available to be opened, city officials said.

The city's new dog park on Quarry Street will be opened with restrictions this June. Recreation staff will limit the capacity of the park to six people per half-hour. Dog owners are welcome to use the municipal park system, providing that they adhere to both leash and pooper-scooper laws.

Quincy College Partners With Community College Of The Air Force

Quincy College announces its official partnership with the Community College of the Air Force (CCAF). Quincy College is one of the 117 elite CCAF-GEM partners and only the second one in Massachusetts. The program enables CCAF students to complete 15-credit General Education requirements online through Quincy College.

"We take pride in our ability to provide personalized assistance to all veterans and active duty

military personnel," said Quincy College President Daniel Asquino, PhD. "Quincy College's partnership with the Community College of the Air Force provides an opportunity for Airmen to gain college credit in pursuit of an advanced degree. As a veteran myself who benefitted greatly from courses with the United States Armed Forces Institute while I was enlisted, I know firsthand the value and benefit of pursuing higher education while proudly

serving your country."

Under this General Education Mobile (GEM) partnership, Quincy College is authorized to offer 17 courses within the five general education categories to active duty airmen, regardless of their location. Courses are available to airmen in Oral Communication, Written Communication, Math, Social Science, and Humanities.

For more information visit: <https://quincycollege.edu/gem/>.

WHAT'S COOKING

with
Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO



Butterscotch Crunchies

By MARIE

You will love today's recipe, and will be happy to know it has only four ingredients and one of them is Chow Mein noodles, which I had never used before. I was a bit skeptical about using the noodles, but so glad that I tried this recipe.

Also, another plus to this recipe is that once the batter is made, there is no baking involved, the crunchies just have to be refrigerated to set.

These cookies are delicious and quick and easy to make and always a big hit, whether making them for your family or bringing them to a holiday or event.

Prepare a cookie sheet by lining with either wax paper or parchment paper

INGREDIENTS:

- 1 cup of butterscotch pieces
- 1 cup of semi-sweet chocolate pieces
- 2 cups Chow Mein noodles
- 1 cup salted cashews

Melt the butterscotch bits and chocolate bits together over medium heat in a double boiler or by doubling one pot of water with another pot on the top.

When butterscotch and chocolate are melted, turn off heat.

Stir in noodles and cashews until well blended.

Drop by teaspoon on a cookie sheet lined wax paper or parchment paper. Refrigerate until set.

This recipe makes about 4 dozen unless you make a bigger cookie.

Eggs Baked In Avocados

By SUSIE

It's usually a no-no to cook an avocado, since it is meant to be eaten raw and normally sliced in a salad or made into guacamole ... but get ready for a heart healthy, fiber, protein, and healthy fat kind of breakfast!

This will keep you satisfied and not missing the bread. I like this with salsa and I also add a side of a fermented vegetable, such as kimchi or sauerkraut which are available in the refrigerated section at health stores.

RECIPE

- 2 ripe avocados
- 4 fresh eggs
- Pepper
- Sea salt to taste
- 1 tablespoon chopped chives, parsley, or any other herbs of choice

Directions:

Preheat the oven to 425 degrees.

Slice the avocados in half, and take out the pit. Scoop out about two tablespoons of flesh from the center of the avocado, just enough so the egg will fit snugly in the center.

Place the avocados in a small baking dish. Do your best to make sure they fit tightly.

Crack an egg into each avocado half. Try your best to crack the yolk in first, then let the egg whites spill in to fill up the rest of the shell.

Place in the oven and bake for 15 to 20 minutes. Cooking time will depend on the size of your eggs and avocados. Just make sure the egg whites have enough time to set. Season to your liking. Enjoy!



— EGGS —
BAKED IN AVOCADO

Groups Donate Masks To QHA Residents



QUINCY GIRL SCOUTS Cadette Troop 68282 recently donated 50 masks as their community service project. Here Councillor at-Large Noel DiBona drops off the masks to Paul Perry, vice-chairperson of the QHA Residents Council for the seniors at the Quincy Housing Authority.

Photo Courtesy Noel DiBona



COVID Shield Boston recently donated 200 masks to School Committee Member Kathryn Hubley (right), who worked with Paul Perry (left), vice chairman of the Residents Council at Quincy Housing Authority, to distribute the masks at Pagnano Towers and Sawyer Towers.

Photo Courtesy Walter Hubley

Social Security Matters

About The 'Earnings Test' And 'Registering' With Social Security

By RUSSELL GLOOR
AMAC Certified Social Security Advisor

Dear Rusty: Does tax filing status matter when calculating how much you can earn without a reduction in your monthly SS payout? My wife and I have filed a joint income tax return for years. My wife is working and I'm 62 and wondering - if I start drawing SS, does the earnings limit only relate to what I earn, or does it include what my wife earns as well? Is the earnings limit tied to our IRS filing status? I need to know if I should file my taxes as a single to be sure my wife's earnings are not combined with mine to affect my Social Security payment.

Also, I've read that it's recommended to register online with SS if you're 62. As I understand it, this should be done even if one's not intending to start benefits yet. Is this true? What are the benefits for doing this? Does it make for a quicker start of payments once the election to start benefits is made? Would it help my wife should I die prior to starting my benefits? **Signed: Wondering**

Dear Wondering: Income tax filing status doesn't matter when it comes to determining if your earnings from work exceed Social Security "earnings limit." If you collect SS before you reach your full retirement age (FRA), your wife's earnings from working will not be counted toward your personal SS earnings limit. The earnings test looks only at your personal earnings and, if you exceed the limit, SS will take back some of your benefits. But only your personal earnings - as reported on your W-2 or Self-Employment tax return - count. If you're not working, then your Social Security benefits will not be affected by the earnings test, even if you file a joint return which has an Adjusted Gross Income (AGI) which is more than the annual earnings limit because your wife works.

As for your second question: it is not necessary, nor would it gain you any advantage, to "register" with Social Security before you are ready to claim your benefits. Indeed, Social Security does not even provide you with a way to do that. What they do provide is a way for you to create your own personal "My Social Security" online account, which gives you access to all of the online features provided by the Social Security Administration, including allowing you to apply for your benefits online (the fastest way to claim) whenever you're ready to do that.

Having an online SS account doesn't provide you with any benefit advantage, but it allows you to monitor your lifetime earnings record, get a replacement SS card if needed, and get estimates of your current and future Social Security benefits to help you decide when to claim. You can create your personal "My Social Security" account by going to www.ssa.gov/myaccount. They use a "two-factor" security process, which means you'll not only need to set up a password but also a second way to confirm your identity (usually via a code sent to a text-enabled cell phone or your email account). But, even if you have this online account pre-established, your wife will still need to contact Social Security directly to claim her survivor benefit if you predeceased her. Survivor benefits must be applied for by the surviving spouse directly contacting Social Security.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

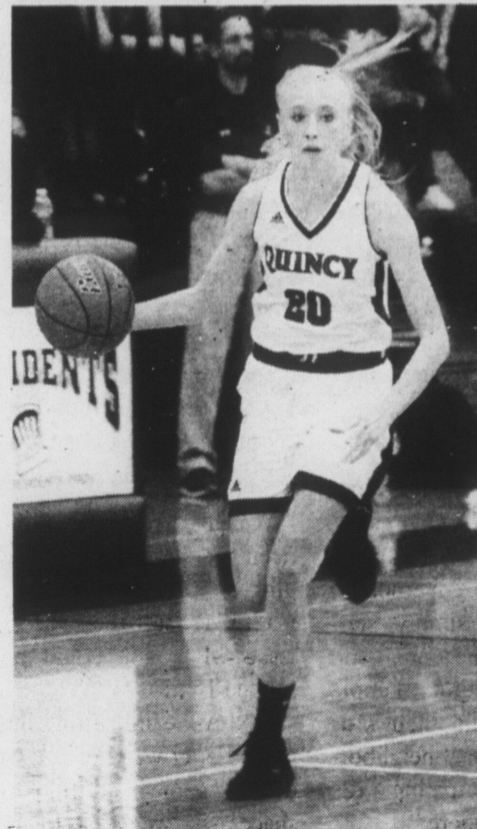
McMorrow, Rak QHS Scholar Athletes Of Year

Each member school of the Patriot League selects two student-athlete representatives from the senior class who exemplify leadership and achievement both in the classroom and during athletic competition.

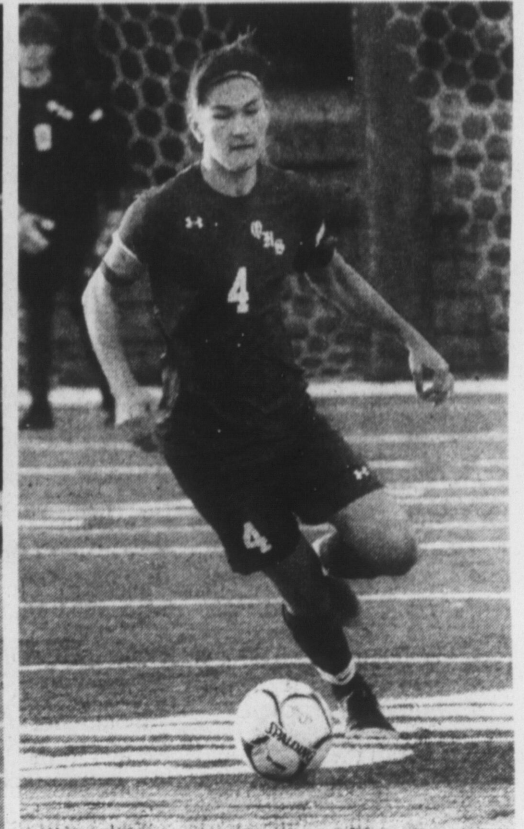
This year's recipients of the Patriot League Scholar Athlete Award from Quincy High School are Allison McMorrow and Patrick Rak.

Allison is a four-year member of the girls volleyball and girls basketball programs. She served as a two-year captain in girls basketball, where she eclipsed the 1,000 career points mark this season. She is a two-time league all-star in girls volleyball and four-time league all-star in girls basketball. Allison plans to study actuarial science at Worcester Polytechnic Institute, while also continuing her basketball career.

Patrick is a member of



ALLISON McMORROW



PATRICK RAK

Photos Courtesy Quincy High School

the boys soccer and boys volleyball programs. He served as a team captain for

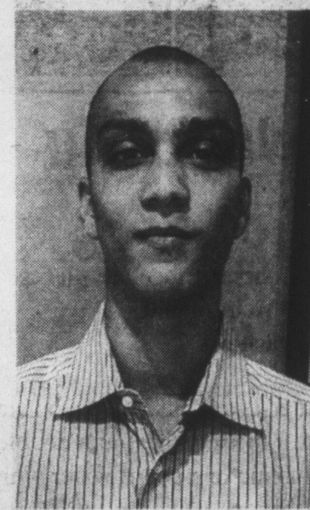
boys soccer and was named a league all-star this past season. Patrick ranks #1 in

his class and plans to attend Harvard University next year majoring in economics and mathematics.

QHS Announces New Boys, Girls Soccer Head Coaches

Quincy High School has named Daniel Mongo as its new boys soccer varsity head coach and Bridget Coleman as the school's new girls soccer varsity head coach.

Mongo, a 2012 Quincy High graduate, was an assistant coach for the varsity team the last few seasons. He is a technology and engineering teacher at Point Webster Middle School. Mongo will take over for Mark Spendlove, who retired from coaching at the end of last season after



DANIEL MONGO

10 years as the boys head coach.



BRIDGET COLEMAN

Coleman is an alumni of North Quincy High School

(Class of 2007), where she was a captain of the girls soccer team her senior year. She would go on to play collegiate soccer at DePauw University in Indiana. Coleman has coached within both the Quincy and North Quincy girls soccer programs over the years, most recently as the JV coach for Quincy High. She is a science teacher at Central Middle School.

Coleman replaces Seth Harmon who stepped down at the end of last season after a six-year stint as the girls head coach.

Crane Library Offers Free Online Events

Library events for all ages have moved online while the library buildings are closed.

Kids and families can tune in to weekly live storytimes and Music & Movement programs, and find DIY STEAM and craft activities that can be done at home.

Teens can connect with

each other online via book groups, movie and trivia nights, and a digital escape room event.

Events for adults include weekly music appreciation programs with Dr. Del Case, history and genealogy lectures, book groups, and cooking demonstrations.

All online activities are listed in the library's online

calendar at bit.ly/ThomasCraneCalendar.

Many library programs are live-streamed to YouTube, where you can also find library staff book recommendations, archived videos of past concerts, and more. Visit the library on YouTube at youtube.com/c/ThomasCranePublicLibrary

Another way to find out

about upcoming library events is through its Facebook pages. Visit the main library Facebook page here: facebook.com/tcplibrary and the children's page here: facebook.com/TCPLchildrens/

For more information, visit the library website at thomascranelibrary.org.

Quincy Behavioral Health Clinic Pivots To Telehealth Option

Volunteers of America of Massachusetts, a nonprofit committed to providing accessible outpatient and residential behavioral health services, has temporarily pivoted from traditional in-person services at its Quincy location to telehealth services to ensure access to mental health treatment during and after the COVID-19 pandemic.

The service is provided through Volunteers of America of Massachusetts' Behavioral Health Services (BHS) program. BHS began developing the telehealth option in February

as a means of ensuring that patients could continue to meet with BHS' clinicians during the COVID-19 pandemic. The full launch of telehealth services has provided patients in the Quincy and Boston area access to critical mental health services amid state-mandated social distancing orders. When the brick-and-mortar clinic re-opens after the pandemic, telehealth services will remain an option for BHS patients.

"Telehealth has given Behavioral Health Services the opportunity to seamlessly deliver care to those

needing services now more than ever," said Mindy Miller, LMHC, LADCI, Director of Outpatient Services. "There was no interruption of service during our transition to telehealth and it has been well received by staff, the individuals we serve and the community. It has successfully removed one barrier to traditional counseling services and increased access to the care we provide."

BHS is an outpatient community clinic that has offered services for mental health and substance use disorders for more than 20 years. Its services include

counseling and medication management for individuals in every stage of life, and the clinicians specialize in treating varied behavioral health issues and treatment modalities. Volunteers of America of Massachusetts operates a second clinic in Taunton.

BHS' telehealth services are covered by Medicare, Medicaid (MassHealth) and many commercial health plans. Individuals can schedule an appointment with a BHS clinician by submitting an online referral or calling 508-822-4027.

Joyce & Gendreau
Jewelers

Custom Designs • On-Premise Repairs
Quality Jewelry • Great Values
Over 100 Years of Honesty and Reliability
Friendly, Family Business

52 Billings Road No. Quincy
Facebook/JoyceandGendreau 617.328.0084

Youth, Parents Share Stories Of Struggle, Support For Children's Mental Health Week

May is Mental Health Awareness Month, with the first week devoted specifically to Children's Mental Health Awareness. The following article from Department of Mental Health Commissioner Joan Mikula highlights the struggles and successes of youth and parents that have graciously agreed to tell their stories and includes information about community services and organizations available to families in need.

By **JOAN MIKULA**
Commissioner, Dept.
Of Mental Health

One in five people in Massachusetts struggle with mental illness. These numbers include an often-overlooked population: children. Half of all mental health conditions are diagnosed before a person's 14th birthday, and 75 percent of all mental illnesses are identified by age 24.

Access to services and supports are vitally impor-

tant for children with mental illness, and their parents and caregivers who support them. Positive mental health is critical to healthy child development. There is a network of state and local programs, which includes partnerships with groups like the Parent/Professional Advocacy League (PPAL) that help parents navigate the stresses and complexities of caring for children who are struggling.

For Nicole Desnoyes, of Springfield, it is persistence and a network of support that have brought hope to her family and 10-year-old son.

"I always knew he needed a little extra," she said. They used many community-based services with limited success for several years and were caught in a cycle of trying new services while hoping for a better result. "He would escalate quickly and become violent. Many times, I had to call the police

for an escort to the hospital. There were times when I was calling the Behavioral Health Network crisis line three times a week."

Nicole's son was matched with after school support which, she said, was a key step in getting him the long-term services that are finally having an impact. Since November, he has been in an Intensive Residential Treatment Program in Springfield and is making real progress. Before COVID-19, the family was able to visit a lot and attend family counseling sessions. Those things are now done via phone and Skype.

Nicole credits the support and help of a caseworker and PPAL, for connecting her with support groups and other resources. She is now serving as the co-chairwoman of Springfield Special Education Parents Advisory Council (SEPAC). Through SEPAC Nicole meets with families and the local school

committee and helps navigate the educational challenges they face.

"Navigating the system can be difficult," she said, "and sometimes that varies according to where you are.... I always tell people, 'Don't give up. Don't let the brick wall stop you.' When I hit a brick wall, I just try another avenue."

Josh Powers, 27, of Methuen also credits PPAL for bolstering him at a critical time. About six years ago, after noticing the Zakim Bridge lit in blue, he made it his mission to have the Zakim go green during the first week of May to bear the color of Children's Mental Health Awareness. Like so many young people, Josh has struggled and was diagnosed with serious mental health issues including Post Traumatic Stress Disorder, or PTSD. His greater mission remains reducing the stigma often associated with mental illness.

"For a lot of kids who have mental health issues, it's upsetting. It's very hard," he said. "I felt like, if I could get the Zakim Bridge lit up, it would show people. That was me showing everybody it's nothing to be ashamed of. Everybody has their rough times."

Not only has Josh gotten the Zakim Bridge lit every year since but this year, the Burns Bridge on the Worcester/Shrewsbury line, the Government Center MBTA stop in Boston, and 11 other locations across the state were scheduled be green for either Wednesday, May 6, or for the duration of Children's Mental Health Awareness Week.

Additional family supports are available through local and national groups and agencies that serve Massachusetts families. These groups include the National Alliance on Mental Illness (NAMI), Children's Mental Health Campaign (CMHC), the Federation for Children with Special Needs (FCSN), Express Yourself (EXYO), Family Resource Centers

(FRCMA), and Collaborative Parent Leadership Action Network (CPLAN).

Many of those who have received services are in recovery. And some choose to give back by training to provide a range of peer counseling services.

Vesper Moore, of Worcester, first began to show the effects of trauma at about 12. Living in a neighborhood that experienced violence, Vesper felt unsafe and began to shut out the world more and more.

"As a Hispanic person and as a trans person, I felt even more unsafe where I was," Vesper said. "I started to hear voices.... There were long periods of times when I couldn't socialize. The people in my life didn't know how to deal with someone who hears voices. My family was fearful and that amplified the problem."

Vesper ended up in a state facility. "Once I got there, I realized that other people experience these things.... I didn't necessarily identify with the diagnoses I got, but I identified with some of the experiences they included. I would always think, 'I'm broken, I'm broken,' but really there are a lot of outside factors that contributed."

The support of family, friends and case workers who tried to connect Vesper with services outside the hospital were key factors for improvement. "Community resources are really crucial. Being inside works to a certain extent. It's a controlled environment, but you need to be able to live your life."

Vesper maximized those supports and became a peer facilitator, a peer specialist and was later hired as a peer bridge. Peer facilitators are people who have had "lived experience" who are then trained to support others who are struggling. A peer bridge, Vesper said, is someone who works with people who are still hospitalized, helping them to envision their futures.

"I worked with people on the things they aspired to do,



JOAN MIKULA

whether or not they felt they were possible at the time."

Now 27, Vesper Moore is the director of the Zia Young Adult Access Center, which is part of the KiVa Center of the Central Mass. Recovery Learning Community in Worcester.

"There are still moments for me where trauma resurfaces. When it does, I think more like I'm equipped to handle it when it does," Vesper said.

"Right now is a time of consistent grief for everyone," Vesper said of the COVID-19 pandemic. "Grieving for the outside world, grieving for our routines, grieving for our normal sense of freedom. Am I struggling more now? Yes, I am but having been in isolation before in my life, maybe I'm better equipped than some others to deal with it than some others."

A wide range of supports are available to all segments of the Commonwealth's population and can be found at mass.gov/dmh. In March, the Massachusetts Network of Care was launched by the Massachusetts Association of Mental Health and provides a searchable database of more than 5000 behavioral health resources. Help is also available to anyone by calling CALL2TALK.

Joan Mikula has been commissioner of the Department of Mental Health since 2015. She previously served as Deputy and Assistant Commissioner of the Department's Child, Youth, and Family Division. DMH provides services to more than 29,000 people across the Commonwealth and supports dozens of community-based programs in Massachusetts.

Woodward School Awarding Scholarships To Daughters Of Essential Workers

The Woodward School announces the Student of Essential Worker Scholarship, new scholarship awards aimed at giving back to the community which it serves. These flexible scholarships are being offered to girls who are not currently enrolled at the school, who would like to apply for this September, grades 6-10.

"We are delighted to offer the Students of Essential Workers Scholarships to daughters, granddaughters, nieces of Essential Workers who are doing so much in these trying times" said Renee DuChaine-Farkes, Head of School at The Woodward School. "We know it has been hard for essential workers and their families. We want to help. There is no better time than now for us to reach out to families with daughters and to support their education!"

Woodward has been a leader in Girls' education since 1894. Although the school has been in quarantine, Woodward has been providing its program virtually, making a seamless transition to providing first class, online learning for students since March 13, due to the Covid-19 Pandemic.

At Woodward, each student will:

- Discover Her Best Self



THE WOODWARD SCHOOL announces the Student of Essential Worker Scholarship. The scholarships are being offered to girls who are not currently enrolled at the school, who would like to apply for this September, grades 6-10.

Photo Courtesy Woodward School

- Develop Close and Meaningful Relationships
- Build Confidence and Self-Assurance
- Experience Teachers as Mentors
- Enjoy Small Class Sizes
- Experience Rewarding Academics

Offered to daughters of Essential Workers who are not currently enrolled at Woodward, a student must first have a virtual interview and submit an essay to qualify.

For initial details, contact Linda Harding, Director of Enrollment, at admissions@thewoodwardschool.org.

Scholarship Eligibility:

20lb. Propane
Tank Refill

Exp. 12-31-2020
QNCY SUN

WILLIAMS

"Solid Service since 1919"

PLUMBING • HEATING • AIR CONDITIONING
Lic. #10512/4039 • Lic. #21619a



PROPANE
TANK
REFILL!

Save \$3 on refill,
reg. \$17.95

Hours:
Mon-Fri, 7a-5p
Sat, 8a-1p

We also deliver
20lb. Propane
tanks!
(see website)

WWW.MYWILLIAMSENERGY.COM • 781-843-0415
39 ADAMS STREET BRAINTREE, MA 02184

M
A
Y

2
1

2
0
2
0

Low Testosterone: How To Know When Levels Are Low

A Message From Ruth Jones, City Of Quincy Health Commissioner

Editor's note: due to the coronavirus outbreak and health emergency, Quincy Health Commissioner Ruth Jones is unable to submit new articles to The Quincy Sun. We are running some of her old health articles in the interim. The column below first appeared in The Sun three years ago.

By **RUTH JONES**
MSPH, BSN, RN,
BC, CP-FS

Testosterone is a hormone found in humans. It's the source that causes hair growth on a man's chest and it's the force behind the male sex drive.

During puberty, testosterone helps develop a man's muscles and is the reason why his voice deepens. In adulthood, it maintains a man's muscle and bone strength and maintains his interest in sex. In summary, it's what physically makes a man a man.

After age 30, most men begin to experience a gradual decline in testosterone. For each year in excess of age 30 the level of testosterone decreases at a rate of about one percent per year. A reduction in sex drive sometimes accompanies the drop in testosterone, leading many men to misguid-

edly believe that their loss of interest in sex is simply the result of getting older. Testosterone additionally helps maintain a number of important bodily functions in men, including:

- sex drive
- sperm production
- muscle mass/strength
- fat distribution
- bone density
- red blood cell production

Because testosterone affects numerous functions, its decrease can generate a multitude of significant physical and emotional changes.

One of the principal worries faced by men with declining testosterone levels is the probability that their sexual desire and performance will be affected. As men age, they can experience a number of symptoms related to sexual function that may be a consequence of reduced levels of this hormone.

A decrease in testosterone can mean a decrease in libido, fewer spontaneous erections, and a marginally lower sperm count. Keep in mind, none of these side effects should happen suddenly. If that appears to be the case, there could be

other issues at involved. Erectile dysfunction (ED) is not commonly caused by insufficient testosterone production. In cases where ED accompanies lower testosterone production, hormone replacement therapy may improve the ED.

Testosterone is, on occasion referred to as the male hormone. It assists the body in increasing muscle mass, leads to body hair, and contributes to an overall masculine appearance. Decreases in testosterone can attribute to numerous physical changes including the following:

- increased body fat
- decreased strength/mass of muscles
- fragile bones
- decreased body hair
- swelling/tenderness in the breast tissue
- hot flashes
- increased fatigue
- effects on cholesterol metabolism

Regardless of that fact that it can cause lower energy levels, low testosterone can also cause insomnia and other alterations in your sleep patterns. Unfortunately, testosterone replacement therapy may likewise affect sleep by contributing to or causing sleep apnea. This

can be a severe problem that causes your breathing to stop and start repetitively while asleep and can significantly disrupt your sleep in the process.

Conversely, variations in the body that occur as a result of sleep apnea can lead to low testosterone levels. Even without the manifestation of sleep apnea there is a compelling correlation between low testosterone and a decrease in the hours of sleep. The rationale behind this however is unclear.

Testosterone is a hormone that also alters emotional regulation. In addition to causing physical changes, having low levels of testosterone can affect you on an emotional level. The condition can precipitate feelings of sadness or depression and it can also demean your overall sense of well-being. Some people have difficulty with memory and concentration and experience lessened motivation and self-confidence. Depression that has been associated with men experiencing low testosterone could result from a combination of the irritability, decreased sex drive, and fatigue that can accompany the low levels.

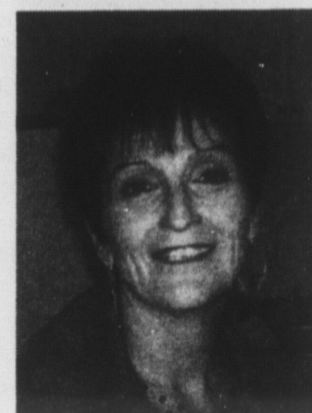
To determine the causative factors of these symptoms an individual should schedule an appointment with their healthcare provider and request a blood test. A lower-than-normal count on a blood test can be

caused by a number of varied circumstances. Particular medicines and certain genetic conditions can also influence a man's testosterone score.

Aging does contribute to low scores; however in some cases the cause remains unknown. Harvard Medical School recommends a goal of a testosterone level of 300-450 ng/dL (nanograms per deciliter) for men over 65 years of age. This is the midpoint of the normal range for that age group.

Regardless of the reason a person is experiencing low testosterone, there are treatment options available to increase testosterone or diminish the side effects that a person may be experiencing. Treatment options include the following:

- Testosterone supplementation, dispensed in several ways: injections into the muscle every few weeks; patches or gels applied to the skin; a patch that is applied inside the mouth; or pellets that are inserted under the skin of the buttocks.
- Exercising more and losing weight can help slow down the decrease of testosterone that your body is experiencing.
- If you're most troubling symptom from lower testosterone is erectile dysfunction, erectile dysfunction medications can be of benefit in treating that symptom.
- For those suffering from insomnia, sleeping



RUTH JONES

medications can aid patients in acquiring more sleep.

It is important to also be conscious of the fact that treatment for low testosterone levels may also pose some risks. Testosterone treatment can cause an elevation in a person's red blood cell count as well as trigger enlargement of the breasts. It can also accelerate prostate growth. Because of these reasons men with breast cancer should not receive testosterone treatment and therapy usually is not advised for those with prostate cancer.

If you think you might be experiencing any of the symptoms of low testosterone, contact your healthcare provider and schedule an appointment. A diagnosis can be formulated from a simple blood test, and there are a variety of treatment options available to you. Your doctor can also assist you in determining if there's any underlying causes' triggering your low testosterone level.

Ruth Jones is the health commissioner for the City of Quincy.

Girls On The Run Greater Boston To Host First Virtual 5K Fundraiser And Celebration

As the people of greater Boston continue to deal with the current pandemic, Girls on the Run (GOTR) Greater Boston hopes that its first Virtual 5K Fundraiser and Celebration will be a bright spot for the members of its community.

Presented by Arbella Insurance Foundation, the virtual event will take place on Saturday, June 6th. Following the organization's core values of nurturing physical, emotional and spiritual health and finding strength in our connectedness, GOTR Boston is encouraging participants to join this virtual event at "their place and at their happy pace."

All activities count including a 5K run, walking the dog, having a family dance party, rolling around the block, anyway the community can move safely.

With this event, GOTR Boston plans to bring over 1,000 runners, walkers, and other participants together virtually to represent the 1,000 girls of greater Boston who would have completed their first 5K this spring with the GOTR program. The organization is also aiming to raise \$10,000 in the process to celebrate its 10th anniversary

serving greater Boston and to be able to continue serving girls throughout the pandemic and beyond.

"Now more than ever, girls and their families are facing uncertainty and a range of emotions. The Girls on the Run program helps girls develop strategies like learning to manage emotions and using physical activity, like running, to help them clear their mind," GOTR Community Engagement Manager Kate Yenrick said. "Through our Virtual 5K event, we hope to continue engaging our girls, families and supporters with setting and reaching a personal goal, while also fundraising to ensure we continue to have the critical funds needed to provide this transformational program to girls in Greater Boston, no matter what the future holds."

Anyone interested in joining the virtual celebration can register for free or make a donation that will help ensure GOTR Boston can continue to provide programming for girls to discover how running can clear their minds and help them reach their limitless potential—both virtually and, post-COVID, through

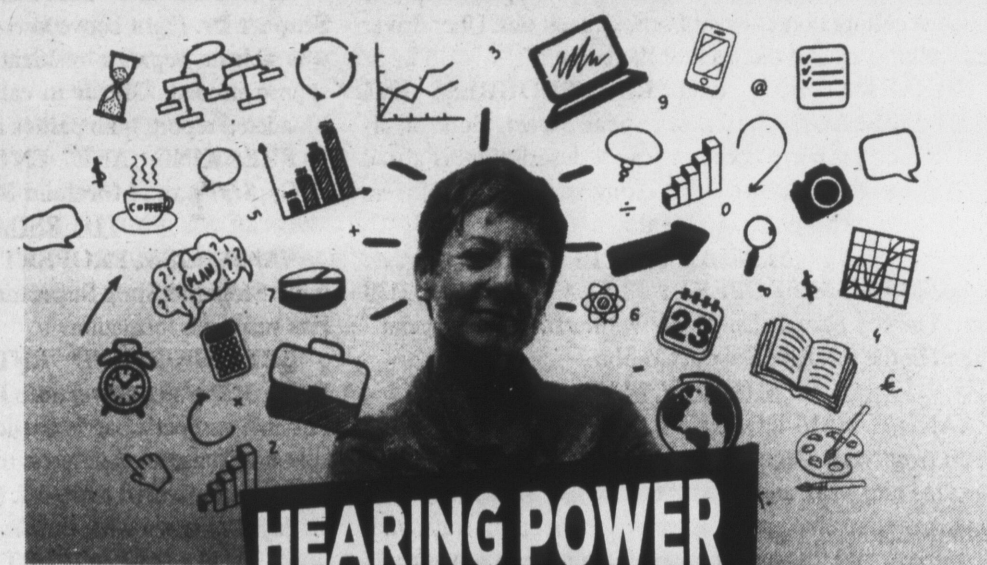
in-person programs again. Registered participants will receive a virtual swag bag complete with a printable bib, Finisher certificate, and digital swag like free online cross-training classes, a power playlist and more. A finisher's medal is available for purchase.

Additionally, participants will be invited to tune-in to a virtual celebration Saturday, June 6th that will include a live warm-up, a virtual spirit station and online workouts throughout the day.

This virtual event would not be possible without the help of presenting sponsor Arbella Insurance Foundation and additional 5K sponsors Boston Children's Hospital and Brookline Bank and support from the GOTR Boston Board of Directors, Advisory Board and Associate Board and the many volunteer coaches and community members who support the organization each season.

Registration: <https://www.raceplanner.com/register/index/GOTRGB-Spring20Virtual5KFundraiserReg>

More Virtual 5K information: girlsontherunboston.org/5K



HEARING POWER IS BRAINPOWER

Learn how to engage your brain's full potential.
Schedule a hearing consultation today.

Tobias
Hearing Center

40
YEARS IN BUSINESS

2018
BENEFIT

617.934.4656
Quincy • 382 Quincy Ave

We accept most insurance plans including MassHealth

TobiasHearing.com AUDIGY

On Saturday, May 9, at approximately 5:35 a.m., Officer Keenan was flagged down on Quincy Avenue by a male on a bicycle.

This male stated there appeared to be a broken down car in the parking lot of Chab's Mini Mart (291 Quincy Ave.). He said the male and two females were attempting to change a tire, adding the entire contents of the vehicle were spread throughout the parking lot. This male said he was concerned because the male was very animated and arguing with the females.

Officer Keenan arrived on scene where he observed a vehicle being supported at a very high angle by a tire jack. There was a male pacing around the parking lot and the contents of the vehicle were strewn about the lot. After Officer Keenan radioed Communications to his whereabouts, Officer Church arrived moments later to assist.

Officer Keenan approached the male and recognized him from an incident that occurred the prior morning. At that time, a caller reported that the male was acting in an irrational manner and yelling at people jogging by. After questioning him about the first incident, the male said he was simply wishing people good morning, so he was sent on his way.

When questioned as to what was happening on this incident, the male said he needed help changing a tire. Officer Keenan asked the male as to who owned the car and he said it was a friend's but could not provide a name. The male said they were about to walk to their friend's house to get help changing the tire, pointing towards Circuit Street.

Officer Keenan approached the vehicle and found two females inside. Due to the jack under the vehicle being raised too high and for safety concerns, the females were instructed to step out of the vehicle cautiously. Once outside the ve-

A Job Well Done

By QUINCY POLICE LT. DAN MINTON

hicle, they identified themselves as mother and daughter.

After the daughter identified herself, the mother gave an unusual last name so the officer asked her to spell it. She tried numerous times to spell her name and then gave a simple but different last name, adding that she sometimes goes by that name.

When asked who owned the vehicle, the mother said it belonged to her friend Larry which was confirmed by the registration along with the address. The mother stated she and her daughter stay with Larry in Weymouth and he was aware they had his car. Officer Keenan asked the mother if Larry had gone to a friend's house to get help fixing the car but she said that was not Larry. When asked who the male was, they both said that they did not know him very well but believed his first name is Tom, which Officer Keenan knew from the prior incident.

During this time, Officer Church spoke with Tom, who had given the officer several separate accounts of the morning's events and did not appear to know the two women on scene very well. The male did not have any identification so after receiving the spelling of his last name and date



LT. DAN MINTON

of birth, a criminal check was conducted which came back with no matching record. The male was asked several more times and gave different social security numbers and past addresses.

The officers recognized the male was attempting to hide his real identity but after several name spelling searches, they were able to match up his real information to a license photo. This led to the discovery of two felony default warrants. The 61-year-old Braintree resident was placed under arrest and transported to the station for booking.

Officer Goldman, the dispatcher reached out to the owner of the vehicle via telephone and learned the two females were homeless but staying with him in Weymouth. He said the females had permission to be in the vehicle and stated that he did not know Tom very well.

Although it was unclear how and why Tom was with the females, it was concerning that Tom has over 180 entries on his criminal record to include larceny, armed robbery, firearms charges, homicide by motor vehicle, multiple OUI's and drug possession. In addition, he has at least 10 different names.

The mother has 42 entries on her adult criminal record, mostly for drug and property crimes. The daughter has four entries for motor vehicle offenses and possession of Class B drugs.

Nice Work!

There are many scams related to the virus, so check out this Quincy Access Television video presented by Mark Crosby of QATV and Quincy Police Lieutenant Dan Minton at <https://www.qatv.org/episode/covid-19-scams>.

QUINCY POLICE CRIME AWARENESS JOURNAL

Quincy Police Statistics

May 8 - May 14

Calls: 804

Arrests: 6

Stolen Vehicles: None

FRIDAY, MAY 8

LARCENY (MISSING BIRTH CERTIFICATE), 11:24 a.m., 99 Brackett St. Wallet was stolen - now birth certificate missing and Social Security card from file cabinet in apartment. Reported to front desk today. Reporting person believes someone working there keeps coming into unit. Missing since February, reported larceny in January. Believe it's been missing since then. Supplement added to reflect missing item.

SATURDAY, MAY 9

BREAKING AND ENTERING/PROGRESS (POSSIBLE), 3:47 p.m., Alvin Avenue. Detective saw someone walking into backyard and now back door is open. Neighbor on scene calling homeowner. Parties check out. Uber driver was walking around the back of the home.

BREAKING AND ENTERING/PROGRESS (911 TEXT MESSAGE), 8:16 p.m., Spear Street. Gone on arrival. Reporting party does not have a description; is afraid to go to the door. Someone knocking at the door. Officers checked the area - gone on arrival.

SUNDAY, MAY 10

VANDALISM/PROPERTY (3 FLAT TIRES), 12:35 p.m., Quincy Street. Deep cuts with a sharp instrument - parked in the lot. Blue Toyota Corolla.

MONDAY, MAY 11

VANDALISM/PROPERTY (PAST), 6:18 a.m., Nickerson American Legion Post, 20 Moon Island Rd. Workers came into work and noticed that all the windows in their machines were shattered. Caller is on a boat but states that his workers and the machines are down the end of the trail.

LARCENY (PAST), 7:38 a.m., 125 Granite St. Caller states that she went to the ATM; when she got home she noticed that she had forgotten her card in machine. Caller speaks only Cantonese - needs Cantonese translate. Spoke to party over the phone through language line. At this time she does have possession of her bank card and will be head-

ing to bank at 10 a.m. with family to see if there is a problem. If services are needed she will call back after speaking to her bank.

VANDALISM/PROPERTY (ONGOING PROBLEM), 8:43 a.m., 1094 Sea St. Two speakers out front for light music for customers - power cord was cut again and thrown in the barrel. Ongoing issues with male party cutting power cord.

LARCENY (MEDICATIONS AND MONEY), 9:58 a.m., Filbert Street. Party needed advice but is not interested in filing report at this time; hung up on officer.

VANDALISM/PROPERTY (LIGHTING), 1:56 p.m., 133 Commander Shea Blvd. Caller said parking lot lights were damaged during a past car break. Caller wanted it documented. Lights have been repaired at this time. Caller said she believes damage happened when someone broke into a car at the address.

ASSAULT AND BATTERY (FIGHT), 8:15 p.m., 2 Seaport Dr. Fight between two residents. Reporting party was able to separate residents. No immediate police response needed. Officer to call reporting party for report. Mandated report; both parties are elderly.

BREAKING AND ENTERING/PAST (DWELLING), 8:37 p.m., Moreland Road. Serviced; report.

THURSDAY, MAY 13

VANDALISM/PROPERTY (CAR KEYED), 1:36 p.m., Stop and Shop Supermarket, 495 Southern Artery. Has suspect information.

BREAKING AND ENTERING/PAST (DWELLING), 3:32 p.m., Governors Road. Back door is smashed. Possible suspect's bag is outside back door; contains medication with name on it. No entry appears to have been made believes dog scared them off. Reporting party has been out all day. Unknown what time it may have occurred.

VANDALISM/PROPERTY (TO BUILDING), 5:21 p.m., 470 South St. Party saw youths shoot window out with BB gun out with three of them now. Caller claims party with BB gun not there but the youths were with party. Youths that were with caller were not the suspect. Reporting party is going to check camera and see if incident is on video. If so he will call back and take report.

LARCENY (PAST), 4:41 p.m., 12 Granite St. Caller claims landlord stole his belongings after he left for a lunch break.

LARCENY (SCAM), 8:13 p.m., Piermont Street. Female sent \$2,000 to someone in New York. Thought her grandson was arrested in NY. Report submitted on larceny over.

VANDALISM/PROPERTY (WINDOW SMASHED), 11:37 p.m., Rockland Street. Living room window. Similar incident two years ago.

THURSDAY, MAY 14

VANDALISM/PROPERTY (SCOOTER), 10:49 a.m., Billings Street. Scooter blinker ripped off. No witness or security cameras but believes it was a neighbor. Case number given advised to call back if more info is gathered.

BREAKING AND ENTERING/PAST (BUSINESS), 2:35 p.m., Pho Linh Restaurant, 409 Hancock St. Different deadbolts locked from inside. Roof hatch was open.

If anyone has more information about any of the aforementioned incidents or would like more information, contact Crime Prevention Lieutenant Dan Minton at 617 745-5719.

STOLEN MOTOR VEHICLES: None.

CAR BREAKS: Huckins Avenue, Harriet Avenue, Moreland Street.

BREAKS AND ATTEMPTED BREAKS: Governors Road; 400 block of Hancock Street.

If you have information on the above crimes, drug activity or any crime, please call the Quincy Police Detective Bureau at 617-745-5764 or log onto the following website: <http://tinyurl.com/ydf6d>.

To report suspicious drug activity, call the Drug Hotline at 617-328-4527. You will not be required to identify yourself, but it could help. To make an appointment to view the Registered Sex Offenders book, call Detective James Dentremon at 617-745-5755.

To contact the Crime Prevention Officer for tips or comments, my direct line is 617-745-5719. My e-mail address is dminton@ci.quincy.ma.us - Lt. Dan Minton

PAUL'S AUTO BODY

384 Centre St., Quincy 617-471-6280

Open Mon-Fri 8AM - 5PM

(Walking distance from Quincy Adams T Station)

Expert Repairs on
All Makes & Models
Insurance Estimates
Auto Glass Installed
Complete Auto Detailing & Reconditioning



\$25.00 OFF

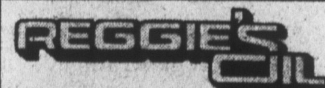
ANY DETAILING
SERVICE OVER \$100.00

Cannot be combined with other offers
One coupon per visit

Expert Color Matching

Licensed Dealer
Pre-Owned Vehicles

Insurance Rentals Available



Joseph P. Reggiannini
92-94 (Rear) Franklin St.
Quincy, MA 02169

Office Hours:
M-F 7:30 am - 5:00 pm

(617) 471-2095

(24 Hour Emergency Service)

www.reggiesoil.com

CO., INC.
Heating & Air Conditioning Service

We are a local, family-owned & operated oil company located right here in Quincy. We've been providing a quality product & superior service to our customers here in Quincy & throughout Southeastern MA for more than 50 years...and we always will!

M
A
Y

2
1

2
0
2
0

Planning Underway For H.S. Summer Graduations

By SCOTT JACKSON

Mayor Thomas Koch said his staff is in the process of planning summer graduation ceremonies at Veterans Memorial Stadium for seniors at the city's two high schools.

The graduation ceremonies had been scheduled for next month – Quincy High School on June 8 and North Quincy High School on June 9 – but the School Committee on May 13 formally voted to postpone those ceremonies to a date to be determined. The postponement comes amid the coronavirus pandemic.

The seniors will now officially graduate June 10 – when the superintendent announces they have met all the qualifications to do so during a school board meeting set for that night – with the graduation ceremonies

later in the summer. In addition, a senior tribute video, honoring members of the graduating class, should be released the week of June 10.

Koch, the committee's chairman, on May 6 suggested improvements made to Veterans Memorial Stadium by the Boston Cannons, in particular replacing bleachers with seats, would make it possible to hold the graduation ceremonies there this summer.

On May 13, Koch said he and his staff were developing plans to hold graduation ceremonies at the stadium this summer. The ceremonies, he said, would be designed with social-distancing guidelines in mind.

"I don't have a formal plan to put in front of you, but I do think what I had said before is very, very do-

able. That is a more limited approach to the stage, maybe more limited speaking, spreading the kids out on the field...and then perhaps up to two tickets per family that can be assigned specific seating in the stadium," Koch said.

"We can spread them out throughout the stadium so that there is that social distancing between families."

Whatever rules are in place – including a limit on the number of tickets students will receive – must be adhered to, Koch said.

"I think we have to be firm. Everyone has special circumstances and all, but these are unique circumstances. We have got to the stand by the two-ticket rule," he said. "Whatever we decide on in the end, we have to be firm about it."

The mayor said he has

heard from some people who have suggested families not be allowed to attend, but he believes they should be there.

"There are some people who have said to me, 'maybe the family doesn't have to be there,'" Koch said. "If you can have a loved one or two there...I think it is far more valuable and meaningful to the graduate."

The mayor said the plan could be finalized within two weeks and made public at that time. When the ceremony could be held is still uncertain.

"Obviously, the date is up in the air. We're not going to have a date for a period of time yet," Koch said. "It would be great to have it before the end of June, but I don't even want to begin to guess on that."

Committee member Paul

Bregoli said Koch's concept was doable and something the seniors deserve to have.

"I'm glad to hear the mayor is moving forward with this plan," Bregoli said. "I think it is doable. It is something I think the kids deserve and I think we should do everything that we can in our power to make sure it happens."

Committee member Doug Gutro thanked Koch for trying to work out a way to hold graduation ceremonies in person.

"Thanks to the mayor for being pragmatic and trying to come up with a responsible and safe way to potentially have an in-person meeting," Gutro said. "I know a lot goes into that and events, as they evolve, could negate that as being an option at the end of the day."

Gutro also suggested

the presidents of both high schools' senior classes be given the chance to speak at an upcoming School Committee to share their experiences in recent months. In addition, he asked that school officials reach out to notable alumni from both schools who could appear in the tribute video school officials are working on. Superintendent Richard DeCristofaro was receptive to both of Gutro's suggestions.

Anthony Andronico, the committee's vice chairman, asked Koch if the city planned to install banners honoring the seniors on light posts in the city. Koch said there would not enough light posts to honor each senior individually – as some communities have done – but banners honoring the class as a whole could be installed in the city's business districts.

Bay State Businesses Begin Re-Opening

By SCOTT JACKSON

State officials on Monday detailed plans to begin re-opening Massachusetts businesses that have been closed since March amid the coronavirus pandemic, with some industries able to re-open effective immediately and more set to resume next week.

Gov. Charlie Baker, speaking at the State House, said, residents' efforts to slow the spread of the virus have made the re-opening the state's economy possible.

"We have been doing our jobs to fight back and, as a result, positive case rates are moving in the right direction and hospitalizations are down," the governor said.

The plan for re-opening was developed by an advisory board Baker assembled that included representatives from various industries, local elected officials, and public health experts. As part of the plan, the state will provide guidance for each industry ahead of its re-opening to protect customers and employees.

"This is something no one has ever done before – shutter and then re-open everything from a beach front to a factory floor with

standards in place to slow the spread of a highly contagious virus," Baker said.

"This guidance asks people to change behaviors. It changes the way some of our favorite places look and feel. This is not permanent – at some point there will be treatments and ultimately a vaccine – but for the foreseeable future, everyone needs to continue to do the right things to bring the fight to the virus so we can continue to move forward."

Businesses are also required to create a COVID-19 control plan before being allowed to re-open; those plans do not need to be submitted to the state but must be kept on site. Essential businesses that have remained open through the outbreak have until May 25 to complete their plan.

Construction sites and manufacturing facilities were allowed to open effective Monday. Also allowed to re-open Monday were places of worship, with guidelines in place that promote social distancing and encourage services to be held outdoors.

Additional businesses will be allowed to re-open May 25, including some personal services such as

barbershops, hair salons, pet groomers and car washes. Offices will also be able to re-open next week at 25 percent capacity, except in Boston, and labs can also re-open. Retailers, including adult-use marijuana establishments, will be able to re-open with remote fulfillment and curbside pickup.

Many outdoor spaces can open starting May 25 as well including beaches; parks; drive-in movie theaters; select athletic fields; many outdoor adventure activities; most fishing, hunting and boating; and outdoor gardens, zoos, reserves and public installations.

Additional sectors could re-open on June 1, including office space in Boston.

Baker had previously said the state's businesses would re-open on a four-phased basis. Baker on Monday said each phase would last at three weeks, depending on the latest data concerning the virus.

"Each phase will last at least three weeks but may last longer if the public health data doesn't support moving forward," Baker said.

Those businesses allowed to re-open through June 1 are all included in

phase one.

Businesses in the second phase include indoor retail spaces, hotels, and other personal services such as nail salons, day spas, massage therapy, tattoo parlors and electrolysis studios. Restaurants – which have been limited to take-out and delivery only – will likewise be able to re-open with limited capacity.

Also included in the second phase are additional outdoor recreation, such as miniature golf, go karts and batting cages. Some outdoor performances will be allowed starting in phase two, recreational day camps will be allowed to open, and youth sports can start some activities.

The third phase includes bars – defined as establishments that serve alcohol without offering food – gyms and fitness studios, movie theaters, museums and some performance venues such as concert halls and theaters. Residential summer camps could open in phase three, as could indoor recreation like batting cages and go karts. Sightseeing – bus tours, duck tours, harbor cruises, and whale watching

– and tours are included in phase three as well. Amusement parks could re-open in phase three or four.

Larger venues, including arenas, stadiums, race tracks and night clubs, would re-open in the fourth phase. The government's guidelines also say it is to be determined when sports teams could be allowed to play without fans in attendance.

The re-opening of historical sites is to be determined, according to the state, but will not happen in

the first phase; state officials are drawing up a comprehensive tourism plan.

The state's restrictions on gatherings of more than 10 people remains in place as does a revised stay-at-home advisory, which is now known as a safer-at-home advisory. The new advisory instructs everyone to stay home unless they are headed to a newly opened facility or activity. It also advises those over the age of 65 and those with underlying health con-

Cont'd On Page 13



JOIN ALEXANDRA ELLIOT from the Quincy Historical Society at 7 p.m. Wednesday, May 27 for a fascinating look at original research on how the last major pandemic in 1918 impacted the city of Quincy. Learn about this map the QHS created showing where more than 200 people died in that pandemic. This program will happen online on Zoom and be live streamed on YouTube at youtube.com/ThomasCranePublicLibrary.

LOCKSMITH SERVICES

GRANITE LOCK CO. INC.

SALES, SERVICE, INSTALLATION

COMMERCIAL

- Access Control
- Wireless Locks
- Electric Strikes
- Exit Hardware
- Door Openers/Closers
- Commercial Mailboxes
- High Security Key Systems
- Master Key Systems
- Handicap Access Hardware

AUTOMOTIVE

- Fit Keys to Autos/Rekeying
- Lockouts/Repairs
- Cloned/Transponder Keys

SAFES

- Sales/Repairs/Installations
- Combinations Changed
- Fire & Burglary Resistant Safes

RESIDENTIAL

- Deadbolts Installed
- Baldwin/Emtek Hardware
- Rekeying/Lockouts

www.granitelock.com
617-472-2177
617-479-3341 (Fax)
MA Sys. Con. Lic. 7025-C

755 Southern Artery, Rte. 3A Quincy, MA 02169

"Rock Solid Security"

Rogers Jewelry

WE HAVE MOVED

1250 Hancock St., Quincy
www.RogersJewelry.com
617.773.3636

**GOLD CHAINS
LOOSE DIAMONDS
WATCHES
ENGAGEMENT RINGS
ESTATE JEWELRY
FINE JEWELRY SALES
GRADUATE GEMOLOGIST
WE BUY GOLD**

Rogers Jewelry continuing to serve Quincy for more than 60 years! A full Service Jewelry Store with a Graduate Gemologist on staff. We buy your unwanted jewelry and offer loans as well! We have new inventory daily so be sure to check in frequently.

NEW QUINCY LOCATION! 1250 Hancock St Quincy, MA 02169



Real Estate

Quincy Real Estate Transactions May 11 - May 15

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Eastern Nazarene College Inc.
Garfield Street LLC
Diep N. Ngo
Raymond & Mary Malone
Young Huang, Kevin C. Chan
Neponset Point LLC
Amy Y. Wu & Xiao F. Liang

Virginia A. Pierson, Maureen A. McCormack,
James Psaros, Jessica Psaros, Lauren Psaros,
James E. McCormack, Jr.

Betsy Mele
Christopher D. Bentzel & Gretchen O'Hare
Marianne Doherty Living Trust
Doris J. Cappola

BUYER

Min J. Zhang & Shi Y. Huang
Sean P. & Molly M. Benoit
Carrie Yung
Kristina I. Theoharis, Leah R. Theoharis
Young Huang
Jeffrey O & Linda J. Wolfe
Jie Li

PEJR, LLC

William Irvine
Maorong Chen & Xi Ouyang
Kimberly B. Alderman
Shoumik K. Ghosh

AMOUNT

\$440,000.00
\$595,000.00
\$250,000.00
\$370,000.00
\$120,000.00
\$849,000.00
\$655,000.00

\$200,000.00

\$409,900.00
\$535,500.00
\$419,900.00
\$339,900.00

ADDRESS

22 Sewall Street
51 Garfield Street, Unit E
45 Oval Road, Unit 14
458 Sea Street
874 Southern Artery
57 Quincy Shore Drive, Unit 604
69 Henry Street

60 Wall Street

10 Seaport Drive, Unit 2608
27 Wesson Avenue
10 Seaport Drive, Unit 2618
100 Cove Way, Unit 102

Sluggish Real Estate Market Sales Offset By Strong Lending Numbers

Register of Deeds William P. O'Donnell reports during the month of April, strong mortgage lending numbers, fueled by historically low interest rates, more than offset a downturn in real estate sales numbers in Norfolk County.

"During April 2020, a total of 1,101 real estate sales were recorded, a 20 percent decrease from April of 2019," O'Donnell said. "The average sales price, both residential and commercial, was statistically unchanged year over year coming in at \$799,969. However, total dollar sales volume for the month was \$577.5 million, a 13 percent decrease from the previous year."

"Clearly," O'Donnell continued, "the COVID-19 pandemic is having an adverse effect on real estate

sales county wide. During April, real estate brokers and agents reported being unable to hold open houses. As state officials receive assurances from public health personnel that it is safe to gradually re-open the local economy, we are hopeful a pent up demand for real estate in Norfolk County will show itself in the coming months," stated the Registrar.

One area where the COVID-19 pandemic is seemingly not having an adverse impact is the mortgage lending market. During April, a total of 3,495 mortgages were recorded in Norfolk County, a significant 73 percent increase year over year. Total mortgage borrowing came in at just over \$1.6 billion.

"As we have seen for the past few months, consum-

ers are taking advantage of low interest rates to not only finance new home sales but refinance existing mortgages," O'Donnell said.

Foreclosure activity ground to a halt in April. On April 20th, Governor Baker signed into law Chapter 65, Acts of 2020 which provided for a moratorium on foreclosures and evictions during the COVID-19 pandemic.

"I applaud the actions of the Massachusetts Legislature and Governor Baker in approving this critical legislation," O'Donnell said. "Many of our neighbors have experienced significant economic hardship during the pandemic. During this unprecedented time in our history, families need to know they will not lose

their home through no fault of their own."

The Registry of Deeds has a long standing relationship with two non-profit organizations that counsel and assist those struggling with foreclosure. The groups are Quincy Community Action Programs, 617-479-8181 x376, and NeighborWorks Housing Solutions, 508-587-0950. These organizations are available to help anyone who has received a Notice to Foreclose Mortgage from a lender.

Another option is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400. Each of these programs are staffed by knowledgeable professionals. Anyone who is facing

a foreclosure issue is urged to avail themselves of these excellent programs.

While reduced numbers were seen in April, Norfolk County homeowners continued to avail themselves of the protections offered through the Homestead Act. During the month, 735 Homestead documents were recorded, a 21 percent decrease from the previous year.

"The Homestead law provides limited protection against the forced sale of a homeowner's primary residence to satisfy unsecured debt up to \$500,000," O'Donnell said. "I urge Norfolk County homeowners to consider this important consumer protection tool."

In conclusion, O'Donnell said:

"I am proud to report that during the ongoing CO-


VID-19 state of emergency, the Norfolk County Registry of Deeds has remained open for the recording of land documents. While our building has been closed to the general public and real estate professionals alike, Registry operations have continued unabated.

"We have utilized social distancing and split work shifts to keep the Registry office functioning. Registry personnel have been able to record land documents by utilizing electronic recording for our institutional users. Additionally, we have received land documents for recording from both regular mail and Federal Express."

"There is even a drop-off box in front of our main entrance at 649 High St., Dedham, for those individuals who want to bring their

Cont'd On Page 28

RE/MAX Realty Pros
Buying, Selling or Investing?
Call Tom McFarland
For All Your Real Estate Answers
QUINCY - (617) 851-0900
On the Web visit McFarlandproperties.com



Century 21 Annex Realty, Inc.
49 Beale St., Quincy, MA 02170
617-472-4330
www.c21annex.com
Over 70 Seller and Buyer Agents
specializing in Residential, Commercial
Real Estate, Bank Owned Properties,
Short Sales and Rentals
ANNEX REAL ESTATE SCHOOL
Offering Salesperson's, Broker's and Continuing Ed. classes
"STILL NUMBER ONE"

QUINCY
WWW.
stamosandstamosrealtors
.com
Stamos & Stamos Realtors
747 East Squantum St.
Squantum, MA 02171
617.328.9400

FLAVIN Insurance Agency
Complete Insurance Service Since 1925
Auto • Home • Condos • Apartments
Travel Trailers • Umbrellas • Flood • Business
Boats • Commercial Auto
Representing
QUINCY MUTUAL GROUP
SERVING YOUR INSURANCE NEEDS SINCE 1851.
Call or drop in for **Premium Quote**
Flavin & Flavin
1085 Hancock St. Quincy Center
Visit: www.flavmandflavin.com **617-479-1000**

Red Door Real Estate
A Trusted Name In Real Estate
Madelene Cheney
Owner
(617) 894-1124



DIAMOND PROPERTY MANAGEMENT
PROUDLY SERVING
South Shore,
Boston,
North Shore
Multi-Family • Single Homes
Condos • Townhouses
Apartment Buildings • Commercial
Call for a Free Property Evaluation & Quote Today!
30 Day Free Trial
Visit Us Call us
massdiamondproperty.com 860-235-4624



M
A
Y

2
1

2
0
2
0

Bay State Businesses Begin Re-Opening

Cont'd From Page 11

ditions to stay home with the exception of trips required for health care, groceries, or that are otherwise absolutely necessary.

"It is important for everyone to remember it is safer at home," Baker said.

The governor's order requiring residents to wear a mask or face covering inside businesses or outdoors if social distancing is not possible remains in effect. The governor said residents should continue to take

steps to stop the spread of the virus, including frequent handwashing, maintaining six feet of separation between individuals, and staying home when sick.

"Everyone has a responsibility to wash your hands, distance yourself from others and be vigilant about symptoms. You can stay home, and you should stay home if you feel sick. How well everyone does these things will determine how long until we move into later phases," Baker said.

"Collectively we have flattened the curve and avoided a spike in cases that would have broken our health care system, but if we don't keep up the fight and don't do the things that we all know we have to do and know we can do, we run the risk of a creating a second spike in the fall."

The information released by the state Monday did not include a timeline for re-opening childcare facilities. Lt. Gov. Karyn Polito said employees who are headed

back to work in phase one could use the state's emergency daycare system if necessary; the system has room for up to 10,000 children and has been running at 35 percent capacity.

"The system has capacity to serve more families, to provide care options, as more workers head back to work and sectors become active again," Polito said.

State agencies are developing guidelines for re-opening childcare facilities, she added, and those guide-

lines will be reviewed by Boston Children's Hospital.

Polito said the MBTA would continue running on a limited schedule during phase one of the re-opening in order to maximize employee and rider safety. The T will ramp up to a modified version of full service by phase three. Commuters will still be required to wear a mask or face covering while riding the MBTA.

Businesses are encouraged to stagger employees' schedules and continue allowing remote work to reduce demand on the public transit system.

"Employers are encouraged to stagger schedules and implement work-from-home policies to reduce demand during rush hours," Polito said.

The Massachusetts Fiscal Alliance on Monday said the state's re-opening plan would benefit larger businesses and could force small businesses to close.

"Today, if you're a billion-dollar business or a national retail chain, all is well. If you are a Massachusetts small business, you

could be facing a continued shut down well into late July," said Paul Craney, a spokesman for the group.

"The most vulnerable population in the governor's executive order are these businesses that will be continually forced into the red for over the next 100 days. Many of our favorite retail stores, lodging facilities, restaurants, bars, gyms, and museums will simply go out of business.

"The governor's re-opening plan doesn't reflect the sense of urgency currently pervading the small business community. For businesses, every day is essential. They have waited 56 days to open, some will have to wait another 70 under the Governor's plan. How can any small businesses outlined in phase three ever be expected to stay in business after nearly 130 days shut down?"

"Big national chains have been picked as winners since day one. Under the governor's plan, many of our small businesses are unfortunately picked as losers."

Owner: Essential Business Has Larger Role To Play

On March 23rd, when Massachusetts Gov. Charlie Baker released his list of "essential" businesses required to remain open, Hancock Appliance was already making daily adjustments to do just that.

"It was a challenge," says Hancock Appliance owner Billy Trifone. "We had to protect the safety and well-being of our staff, as well as our customers and their families that came into our store. Eventually we made the difficult decision to close our showroom altogether until further notice."

Trifone said the store continued to adjust to make it safe and convenient for people to reach them and allow Hancock Appliance to help them.

"We invested in a 'Web-Chat' feature on our website so that customers could reach us by texting on their phone," Trifone said. "We added additional safety procedures for our delivery teams so that people would be comfortable. I do need to acknowledge the sales and service staff here that continues to come in everyday and do their job as professionals."

"We had to stay positive and keep going about our day-to-day business and drown out the outside daily news and negativity. It made us look at how we can make something good out of this and it honestly taught us to be better at our jobs."

"In a lot of ways, we feel very fortunate," Trifone continued. "By being able

to remain open, I feel like we have a larger role to play in helping people and their families get through this health care crisis. We see that people really want to support their local business now more than ever and we appreciate that. Everybody wants to help, make a contribution in some way."

"As a small gesture we began offering free delivery for any front-line patient care providers. I have two sisters that are care providers, so I understand the sacrifices those at the front lines of this pandemic are making every day."

"Everyday we get inquiries about the availability of storage freezers. Unfortunately the entire country is sold out. Our buying group that supplies over 100 appliance dealers across New England sold out of their entire months supply in less than three days in early March. Now they're on national back-order. You can't find a freezer anywhere in the U.S."

"We're hearing it could be another 6-8 weeks before we start seeing new freezers in the supply chain again. So we're recommending an inexpensive top-freezer refrigerator that gives you a least 4 cu. ft. of freezer space, plus the additional refrigerator storage. People are in a bind and we need to provide solutions for them."

"In the face of this, we've stayed very busy," Trifone said. "We recently re-opened the showroom to customers, but we're imple-

menting the restrictions of the Massachusetts Reopening Advisory Board. We appreciate the support of the community and I'm glad we were able to be here when they needed us."

"Hancock Appliance has been in Quincy for 75 years now, and I think it's situations like this that shows how important small businesses are to their surrounding communities."

"We're in this together and we'll get through this together," Trifone added.



BILLY TRIFONE outside his business, Hancock Appliance, 115 Franklin St., Quincy.



Downtown Construction Activities

Proposed work activities for the week of May 17th, 2020



- The inbound lane of Dennis Ryan Parkway remains closed. The sidewalk in front of the courthouse remains open, while the sidewalk on the other side is being constructed. In the following week, the contractor will continue to repair utility trenches, install conduits for new street lighting, and prepare areas of sidewalk on the outbound side.
- Construction of foundation walls at the General's Bridge project continues. The demolition of the old Commonwealth began last week and will continue for the next several weeks. The contractor plans on demolishing the building working from the north to the south. The roadway section in front of the building on Parkway remains closed during construction.
- Cut and cap of the existing utility services will continue this week to the buildings from the Payless Shoe Source store to the Noodle Design restaurant next to the Community Dentist of Quincy on Hancock Street. These buildings are scheduled to be demolished in the next couple of weeks.

(The photo on the above left is a picture of the northern section of the old Commonwealth building being demolished. The above right photo shows the crews installing new roadway curbing along the outbound lane at Dennis Ryan Parkway.)

<https://www.quincyma.gov/mycity/> or follow

@CityofQuincy on Twitter.

Contact Patrick McCarthy for construction question's at: 781-264-4646 or email at: pmccarthy@woodardcurran.com

I make house calls!



Interior decorating,
home décor sewing,
downsizing/decluttering,
home staging,
decorating seminars

Secretary of the Interior

Creative solutions at reasonable rates
Call Barbara at 617-921-6033
www.sec-interior.com

Quincy Veterans Who Have Passed Since Memorial Day 2019

The following list contains the names of Quincy veterans and their branch of military service who have passed away since Memorial Day, 2019. The list was submitted by Quincy Veterans Services May 14th for printing in this week's Quincy Sun.

Ralph	Anderson, Jr.	Army
Paul R	Antonelli	Army National Guard
Philip A	Baldassini, Sr.	Navy
Richard E	Bergeron, Jr.	Army
Pauline C	Bolger	Navy
Gerry	Boutin	Marine Corps
John H	Boyle	Army
William P	Brennan	Navy
Paul J	Breslin	Navy
Francis S	Buckley	Marine Corps
Thomas M	Burns	Army
Giacomo	Cappabianca	Navy
John J	Carney	Marine Corps
Frank J	Casey, Jr.	Army
Richard F	Cawley	Army
Tom	Cheney	Marine Corps
Jack	Clark	Marine Corps
Jack	Clark	Marine Corps
Antonio E	Colantonio	Army
Daniel	Coletti	Army
Frederick W	Cook	Army and Marine Corp
Gerald G	Cooney	Navy Reserve
Richard J	Corbin	Navy
Lawrence	Craddock	Army
Lawrence M	Curtin, Sr.	Army
Edward M	Czech	Army
Americo A	D'Andrea	Army
Ralph G	Dearden	Navy
Vincent J	DeVecchio	Army
Daniel F	Dennehy, Jr.	Army
Robert H	Derbes, Sr.	Army National Guard
Robert C	Desmond	Air Force
Daniel	Dewey	Marine Corps
Dominic L	DiBona, Jr.	Navy
John V	DiTullio	Army
Norm	Dobson	Marine Corps
John E	Doherty	Navy Reserve
John T	Doherty	Army
Anthony J	Donatella	Army
Edward P	Doolan	Navy
Alfred E	DuBois	Navy
Joseph E	Duffy	Army
Francis L	Dunn	Navy
Robert C	Earle	Army
Ralph	Elwood	Navy
John	Erickson	Navy
Russell	Erikson	Army Air Corps
Terrence M.P.	Farrell	Navy
Joseph P	Feeney	Navy
Edward J	Flaherty	Army
Thomas A	Foley	Navy
Martin J	Foley	Navy
Russell	Forte	Marine Corps
Wayne	Gauthier	Marine Corps
William J	Gillan	Navy
Bob	Gilligan	Marine Corps
Douglas D	Gladstone	Army
Thomas J	Gleason	Marine Corps
Spartico J	Gobbi	Navy
Charles W	Graham	Army
Alfred J	Grazioso	Army
Donald R	Griffin	Navy
Robert E	Haley	Navy
Robert J	Hall	Navy
Kenneth P	Halloran	Marine Corps
William P	Halpin	Army
James C	Hanlon	Navy
Jeremiah W	Hanlon	Navy
Richard D	Hatton	Navy
Thomas	Hayward	Marine Corps
George E	Hill	Navy
Paul V	Hoban	Navy
Raymond A	Hubbard	Air Force
James P	Joyce	Navy
Timothy J	Kaes	Marine Corps
James W	Kazolias	Navy
Paul O	Kelley	Army
Leo	Kelly	Army
John B	Kelly	Army
Donald K	Kennedy	Army
Michael	Kimball	Marine Corps
Joseph T	King	Air Force
Ernest A	Knott	Navy
Joseph J	Lencki	Marine Corps
Thomas M	Lester, Sr.	Navy

Ernest R	Light, Sr.	Air Force
Stephen J	Lindsay	Navy
William W	Lydon	Army Reserve
Walter J	Lynch	Navy
James W	Lyons	Air Force
Edward A	Mack	Army
Paul	Mastrangelo	Marine Corps
Gordon W	McConarty	Army
Bill	McCorkle	Marine Corps
Francis P	McGovern	Marine Corps
Joseph P	McKenna	Army
George A	McKenzie	Army
Francis J	McLaughlin	Army
Richard J	Mendall	Air Force
Robert N	Mood	Navy
George B	Murphy	Army
Jonathan W	O'Driscoll	Marine Corps
Philip	O'Neil	Army/Air Force
Bernard A	O'Sullivan	Coast Guard
Conrad L	Paré	Navy
Joseph P	Pearson	Army
Vito F	Pennacchio	Army
Roland R	Perreault	Navy
Stanley	Picarski	Army
Angelo S	Piccarini	Army
Robert C	Preble	Air Force
John	Princiotta	Marine Corps
Mary C	Quinn	Army
Steven	Range	Army

John T	Ricciuti	Army
William	Rice	Army
James D	Ritchie	Marine Corps
Frank J	Romano	Army
Gerald B	Ross	Navy
Robert R	Ruggeri	Navy
James E	Russell	Army
Augustine J	Russo	Army
William J	Ryan	Navy
James E	Shea	Navy
Gordon E	Simmons	Army Air Corps
Robert R	Skjold	
William J	Skudris	Air Force
George L	Snowling	Navy
Frank J	Solazzo	Navy
William A	Stavros	Air Force
Raymond	Steen	
Jack	Tobin	Marine Corps
Raymond J	Travers	Army
John H	Travers	Marine Corps
James	Uvanitte	Army/Navy
Joseph M	Varraso	Army Air Corps
Vincent J	Villard	Navy
Samuel P	Volpe	Marine Corps
Edward F	Welch	Army
Francis J	Welch, Jr.	Navy
Ronald	West	Army
Paul G	Williamson	Navy
Julie F	Wyckoff	Navy Reserve



PLACING FLAGS and a wreath at the main flag pole in the veterans' section at Pine Hill Cemetery in observance of Memorial Day are Leo Reardon (left), past commander, George F. Bryan VFW Post 613, and George Bouchard, Quincy Veterans Services. Quincy Sun Photo/Robert Bosworth

M
A
Y2
12
0
2
0

'Our Deceased Veterans Are Not Forgotten'

By **GEORGE NICHOLSON**
Director, Quincy
Veterans Services
Winston Churchill was
right on target when he said

... "never have so many
owed so much to so few
..." That was a profoundly
accurate assessment of the
performance of the British

Royal Air Force against the
air attacks by the German
Luftwaffe during the "Battle
of Britain" in World War II.
That assessment is equal-

ly as accurate for us here
in Quincy as we approach
Memorial Day and remem-
ber those military service
men and women from our
fair city who gave their
lives in defense of our free-
dom. We also remember
those, no longer with us,
who came home from their

service and devoted the rest
of their civilian lives to the
preservation and enjoyment
of our legacy of freedoms
as placed in their hands by
their fallen brothers and sis-
ters in uniform.

Memorial Day is the
one day during the year in
which we commemorate the

lives and sacrifices of these
Quincy men and women.
As we know, what used to
be a solemn, dedicated day
of commemoration is now
just a few hours out of a
long week-end. Over the
last few years, the tradition-
al parades and ceremonies,

Cont'd On Page 16



GEORGE BOUCHARD, graves registration officer for Quincy Veterans Services, places American flags at the graves of deceased Quincy veterans at Pine Hill Cemetery, West Quincy, in observance of Memorial Day.
Quincy Sun Photo/Robert Bosworth

Library Help Desk Closed Memorial Day

The Thomas Crane Public Library's Help Desk will be closed on Monday, May 25 in observance of Memorial Day. Library live chat and phone services will resume Tuesday, May 26.

To use the library's Help Desk, call 617-376-1102 or use the live chat feature at thomascranelibrary.com/chat to get personal assistance from a librarian during these hours:

- Monday-Thursday 10 a.m. to noon and 5-7 p.m.
- Friday 10 a.m. to noon and 2-4 p.m.

While library buildings are closed during the public health emergency, the library is always open online. Find free ebooks, audiobooks, movies, music, and more at thomascranelibrary.org.

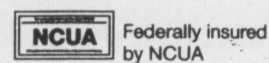
Here For You Through All The Times

Helping the People of
Greater Boston Since 1936

See our story at
massbaycu.org



**MASS BAY
CREDIT UNION**



QUINCY IS YOUR CITY.
QUINCY COLLEGE IS YOUR COLLEGE.

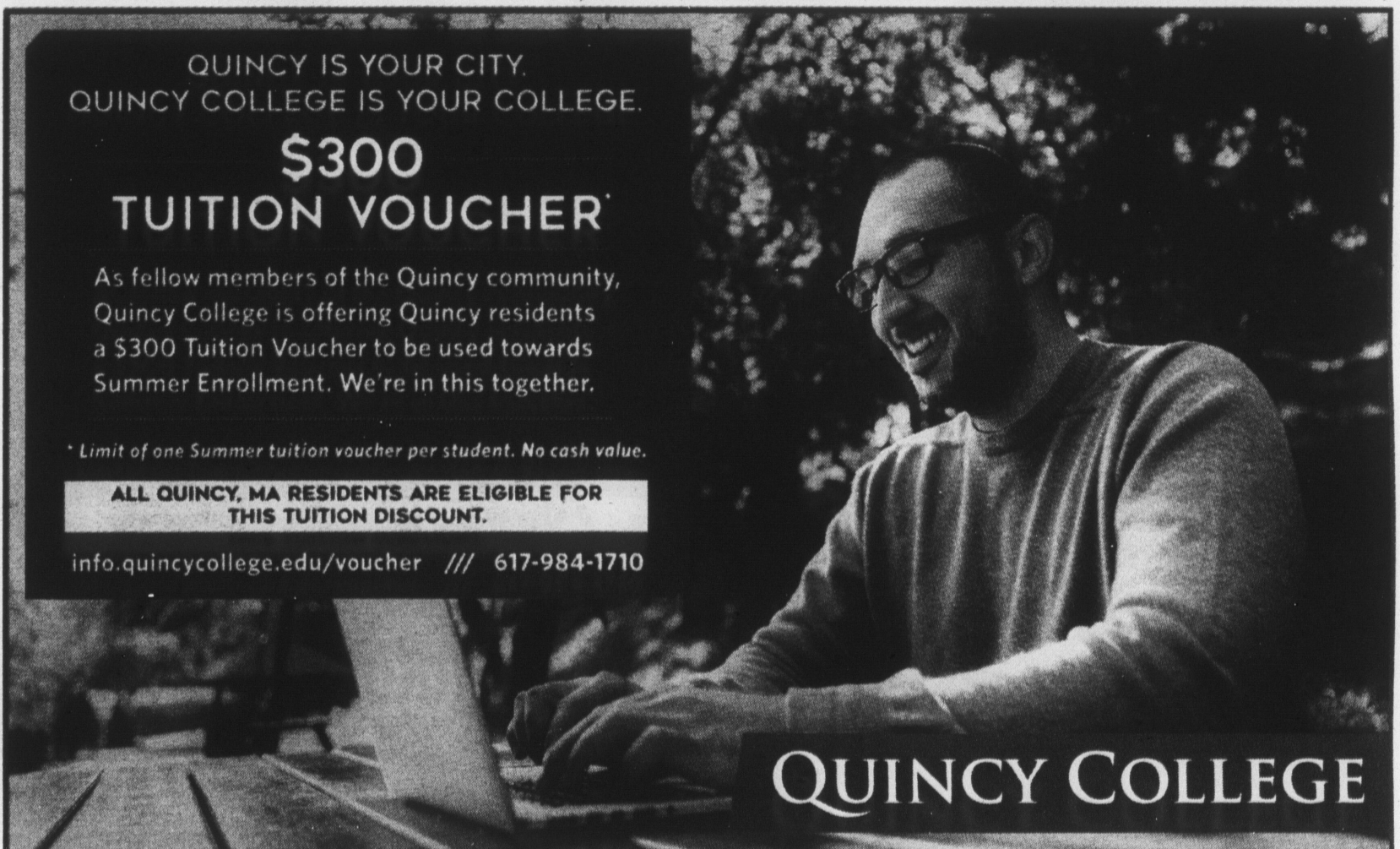
\$300 TUITION VOUCHER

As fellow members of the Quincy community, Quincy College is offering Quincy residents a \$300 Tuition Voucher to be used towards Summer Enrollment. We're in this together.

* Limit of one Summer tuition voucher per student. No cash value.

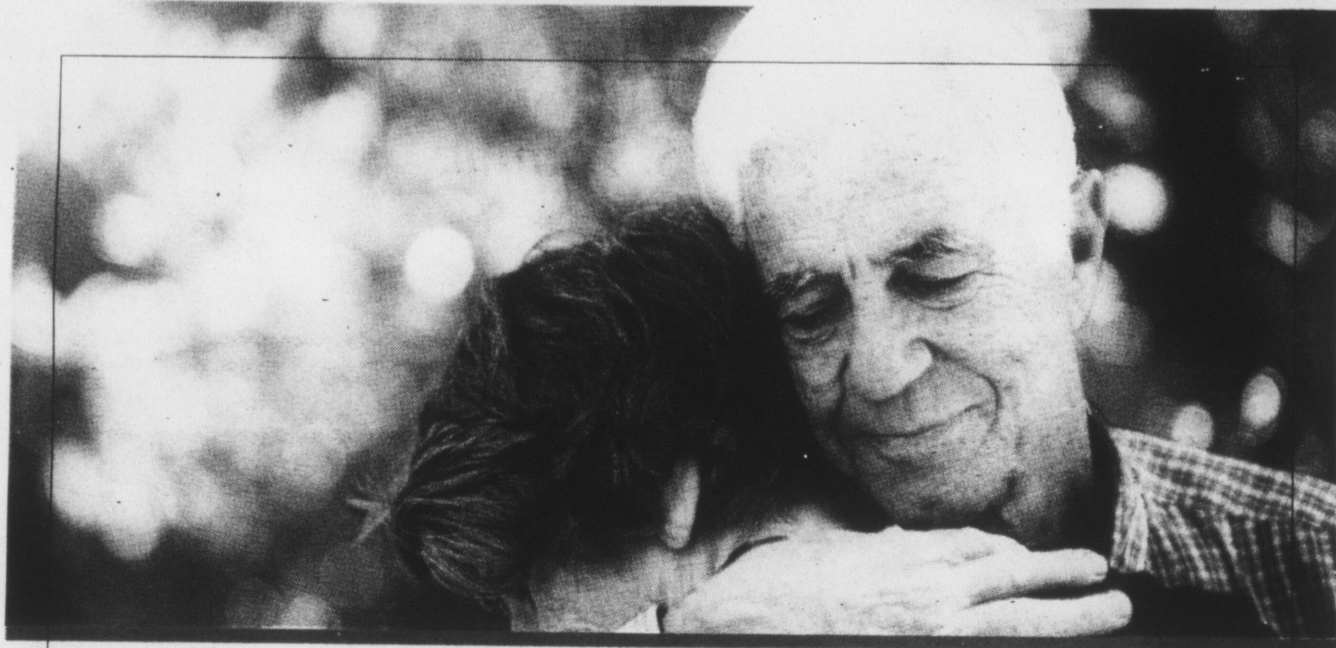
**ALL QUINCY, MA RESIDENTS ARE ELIGIBLE FOR
THIS TUITION DISCOUNT.**

info.quincycollege.edu/voucher /// 617-984-1710



QUINCY COLLEGE

TEAM WORK — George Bouchard (right), Quincy Veterans Services, passes American flags to Leo Reardon, past commander George F. Bryan VFW Post 613, that were placed on veterans' graves at Pine Hill Cemetery, West Quincy. Quincy Sun Photos/Robert Bosworth



We're here for you.

Now more than ever, we want to extend a loving hand to South Shore families who are experiencing hardship amidst COVID-19. Our team is working tirelessly to respond to the growing needs of our communities, and is now offering the following to aid in the reduction of virus transmission and social isolation:

Remote funeral planning meetings
by videoconference

Live streaming and recording of
funeral ceremonies

Tribute videos honoring the deceased
posted on Keohane.com

Private gatherings of up to 10
family members

While the future is becoming increasingly unclear, you can trust in our staff's continued commitment to provide a high level of service to you and your loved ones. If you have any questions, please visit www.Keohane.com, or call us at 1-800-Keohane.


Keohane
FUNERAL HOME

QUINCY | WEYMOUTH | HINGHAM
www.Keohane.com



AMERICAN AND MILITARY SERVICE flags decorate veterans' graves in Mount Wollaston Cemetery in observance of Memorial Day next Monday, May 25.

'Our Deceased Veterans Are Not Forgotten'

Cont'd From Page 15

in many places around the State and Nation, have been shortened or regrettably, in some instances, eliminated.

As our population of living veterans continue to age and become less visible in our communities, so does the reminder, personified in their presence, of the need to keep their legacy of accomplishments on our Nation's behalf, alive and a constant reminder of our eternal debt to them.

Adding to that dynamic, today we have another and unprecedented obstacle to our traditional Memorial Day observance efforts in the form of this Covid-19 pandemic and the restrictions related thereto. No contact, limited group gathering sizes, social distancing etc., make it impossible to do much of anything.

However, this is Quincy, the City of Presidents, the Most Patriotic City in America and a city which proudly boasts having the documented history of an extraordinary amount of its citizens answer the call to military service, from the Revolutionary War to the present. We know that we can't have a Memorial Day parade and we know that we can't gather for a formal Memorial Day ceremony and we also know, that here in Quincy, we cannot and we will not ignore, cancel or forget Memorial Day. We need to let all our deceased veterans, who watch from their resting places how we are dealing with our war on Covid 19, know that they are not forgotten amidst all that limits us at present.



GEORGE NICHOLSON

Take some time on Memorial Day to remember them; to pause and reflect on all that they have done for us; to be grateful for all that they have given us to enjoy; to make sure that our children understand the Legacy of freedoms that veterans have sacrificed their lives to bestow upon and preserve for us.

If you have the American Flag, please display it on your property over the Memorial Day weekend. Invite your children to take on a project of creating a Patriotic display for your windows, front doors and or front lawns.

There really is no prescribed form or ceremony for recognizing Memorial Day. It is a time for personal reflection and appreciative recognition.

As President Kennedy once said . . . "As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them..."

George Nicholson
Director
Quincy Veterans Services

M
A
Y

2
1

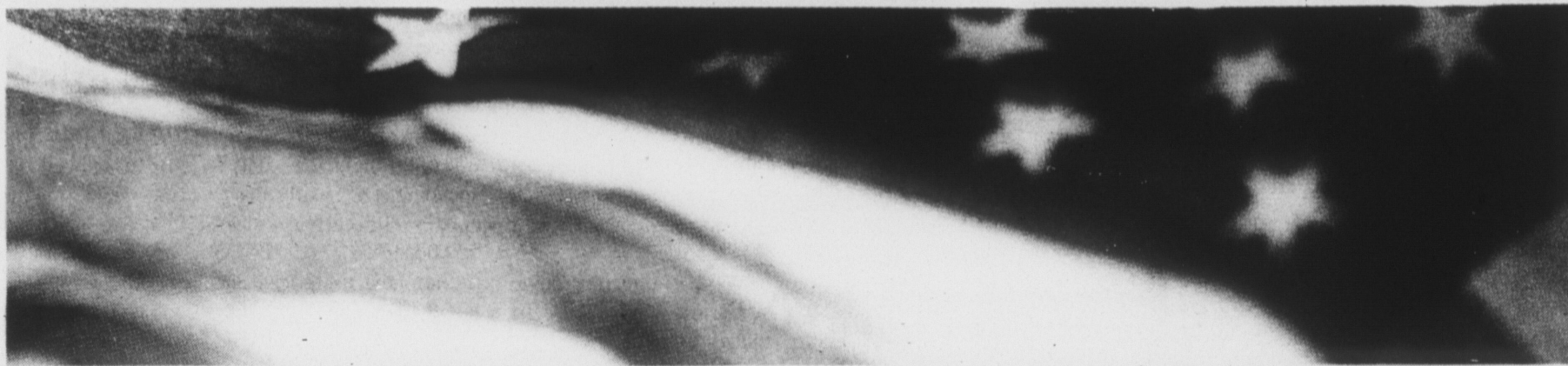
2
0
2
0

MEMORIAL DAY

"Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices." - Harry S. Truman



*With Remembrance,
Mayor Tom & Christine Koch*



HONORING THOSE WHO SERVED.
QUINCY COLLEGE SALUTES YOU.

We take pride in our ability to provide personalized assistance
to all veterans and veteran dependents.

QC

Memorial Day

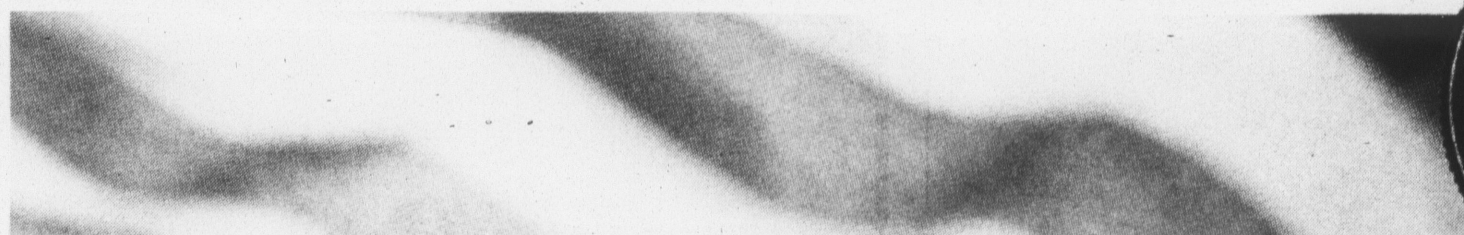
"On this Memorial Day let us all express our gratitude and pride for
those who have gone to war, fought for us and died.

Mothers and fathers who have left their children behind to go to
unfamiliar places to protect the rights of mankind.

Bravely going into combat putting their lives in harm's way
Fighting so that each of us can enjoy another free day.

Men and women fighting for the security for you and me
Marching to war proudly to keep our land the home of the free.
For each soldier that has served their country with dedication
Sacrificing their lives for our freedom without hesitation."

- Unknown



QUINCY COLLEGE

Josie Smith, Military and Veteran Services Associate
617-405-5928 | jsmith@quincycollege.edu | quincycollege.edu/veterans

M
A
Y

2
1

2
0
2
0

Koch Proposes \$340 Million FY '21 Budget

Cont'd From Page 3

will begin its review of the budget next week; the council can cut from the budget but not add to it.

Koch's proposed \$340.25 million budget for fiscal year 2021, which begins July 1, represents an increase of \$10.47 million over the \$329.78 million budget for the current fiscal year. The budget includes no new positions or programs, the mayor said, and is \$10 million less than what he planned to propose prior to the pandemic.

"The budget before you tonight represents what could be called a protection plan," Koch said. "It protects the core services the city provides when it comes to the classroom, public safety and infrastructure. It protects our teachers, firefighters, police officers, laborers and librarians from layoffs. And protects our taxpayers and is built to accommodate an ambitious goal...of not increasing residential property tax bills this coming year."

"It reflects the challenges we face by including no new programs, no new positions, and targeted cuts to the bud-

get in several areas. It is at least \$10 million less than our budget projection just before the pandemic started."

Koch said he planned for a nearly worst-case scenario when drafting the new budget and projected a 20 percent cut in local aid from the state and a 20 percent drop in local receipts, which includes a number of revenue streams, including the meals tax, motor vehicle excise tax and building permit fees. The mayor noted, however, that there are no economic models the city can use to forecast the impact of the pandemic.

"There is no economic playbook for this. The last pandemic to hit the country came in 1918, before the commonly used economic models even existed," Koch said. "That is a major reason why there are no guarantees in this budget."

Because of the uncertainty, Koch said he could not promise there would be no property tax increase next year but stated he would do as much as possible to keep taxes down, short cutting services or personnel.

"We've set an ambitious

goal to not increase property taxes for our homeowners," Koch said. "We will undoubtedly be back before you in the fall to make further adjustments to meet that goal. I am going to do everything in my power to make that happen up to the point of cutting services or personnel."

"Based on the unknowns, we may not get there, and I want to be upfront about that, but I can assure you that increase is going to be substantially lower than most cities and towns."

Koch said Quincy is less reliant on local aid and local receipts than other cities and towns are across the state. In a typical year, roughly 75 percent of the city's revenue comes from property taxes, 11 percent comes from local aid and 14 percent comes from local receipts.

He also said the city would have approximately \$40 million left under the levy limit set by Proposition 2 1/2 next year.

City Council President Nina Liang thanked Koch for the work he put in to drafting the new budget.

"You have worked with all the departments to go

back and revisit this budget to make sure that we are coming out in the best position possible. I just wanted to thank you for your work on that. I know you probably haven't slept in the last ten weeks," Liang said. "I really do appreciate all your hard work."

Ward 1 Councillor David McCarthy, who chairs the council's finance committee, said Quincy is in a better place than other communities that could be facing financial issues.

"Quincy was prepared. They are in a good place, which is a good thing," McCarthy said. "I think a lot of the other communities - and I hope them well - are going to have issues, but I think that the budget before is what it is and it protects a lot of services, it doesn't get off track in any type of spending and keeps Quincy as a whole."

The budget for the Quincy Public Schools represents nearly one-third of the general fund budget. Koch has proposed increasing the school departments budget from \$110.21 million in the current fiscal year to \$111.19 million in fiscal

year 2021. The School Committee, not the City Council, determines how those funds are allocated.

Employee benefits represents the second largest portion of the budget. The city's spending on health insurance would increase from \$49.06 million to \$52.55 million next fiscal year and its contributions to retirements and pensions would increase from \$29.76 million to \$32.18 million.

Public safety is the third largest share of the budget. The mayor has proposed increasing the Quincy Police Department's budget from \$30.93 million to \$31.45 million and the Quincy Fire Department's budget from \$26.82 million to \$26.86 million.

The proposed budget does not include contributions to the city's stabilization fund or other post-employment benefits reserve account; the city set aside \$250,000 for each of those accounts in the current budget. Koch also left unfunded a line item within the Municipal Finance Department's budget used to purchase equipment and vehicles; \$300,000 was allo-

cated to that line item in the current fiscal year. In addition, he has proposed reducing the celebrations budget from \$200,000 to \$150,000.

The mayor on Monday also introduced his proposed sewer and water enterprise budgets, which are funded separately from the general fund. The proposed sewer enterprise budget is \$25.64 million and would include a 1.5 percent increase for ratepayers. The proposed water enterprise fund budget is \$18.59 million and would not include a rate increase.

The council's finance committee is slated to meet three times next week as it begins to review Koch's budget.

The committee will meet at 6 p.m. on May 26 for an update on the city's finances, including projected revenues. That meeting will be held via videoconference.

The committee will then hold a public hearing on the budget at 5:30 p.m. on May 28 inside Quincy High School, followed by departmental budget hearings.

The committee will meet the following day inside Quincy High School from 9 a.m. to noon for additional departmental budget hearings.

More details on the May 28 and May 29 meetings will be released later this week.

\$14 Million Sought For Special Education Center

By SCOTT JACKSON

Mayor Thomas Koch on Monday introduced a request to borrow \$14 million to convert an office building on Old Colony Avenue to a new special education learning center.

The mayor introduced his request to borrow those funds during Monday's City Council meeting. It was referred to the council's finance committee for consideration at a future meeting.

In his remarks Monday, Koch said the city should move ahead with the project despite the economic uncertainty caused by the coronavirus pandemic.

"I know there may be an urge to slow down on some

capital projects based on the broader economy, but I believe, with all my heart, that we absolutely cannot stand still. We must keep moving," Koch said.

"This is not the time to slow down. In fact, I would argue there is no more important time to make these kinds of generational investments. It benefits our economy today, it benefits our young people and their families tomorrow, and it saves money in the years ahead."

Koch said the city would save \$500,000 annually once the building opens by reducing tuition and transportation costs for special education students enrolled

in out-of-district programs.

Ward 4 Councillor Brian Palmucci said moving forward with the project would benefit the community and the local economy.

"We can't stop. We can't put all of our plans on hold. One, it is bad for the city, because we wouldn't be doing these projects...if we didn't believe they were in the best interest of the community," Palmucci said.

"Also, it is good for the local economy. If we're not pouring money into things and making sure people are getting paid, it makes it that much harder for the rest of the economy to come back."

The council in November approved an \$8.5 million

bond to buy the building at 178 Old Colony Ave. and make initial upgrades to the space, including the installation of a second elevator.

Quincy School Supt. Richard DeCristofaro at the time said the school would be built to accommodate students on the autism spectrum. He said 30 to 40 of those students currently attending programs outside of Quincy could move into the new special education center when it opens in

2021. The city spends up to \$120,000 per student on transportation and tuition to send those students out of district.

The district has some 175 students enrolled in its CARES (Children Achieve Real Educational Success) program at five sites throughout the city who could potentially move into the new special education center, school officials said in November.

QUINT'S
House
of Flowers
Family Owned & Operated
Since 1919

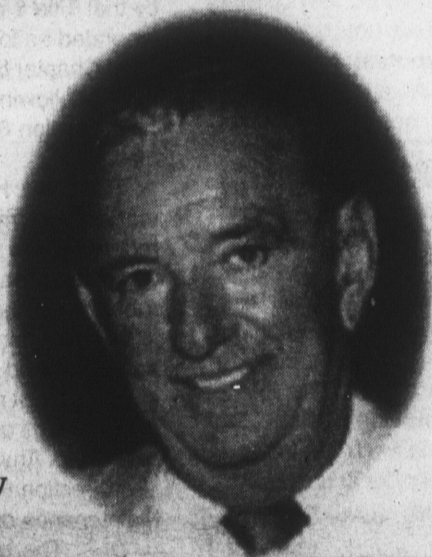
761 Southern Artery
QUINCY
617-773-7620

In Loving Memory

As time goes by,
we miss you more,
Your loving smile,
your gentle face,
No one can take
your vacant place.

In loving memory
of your 13th anniversary
Family and Friends

Charles J. "Charlie" Ayers
September 3, 1929 - May 20, 2007



Quincy Access Television
88 Washington Street
Quincy, MA 02169

Find us on
Facebook

QATV

www.qatv.org
617-376-1440
617-376-1441

Follow us on
Twitter

QATV Launches
New Website!

www.qatv.org

COVID updates
ch 8-9 streaming live
video on demand
become a member
submit bulletin boards
weather station

Quincy Access Television...See the Difference!

Public Access
QATV-8: SPORTS, POLITICS,
COOKING, LOCAL EVENTS, NEWS
AND MORE ON COMCAST
CHANNEL 8

Government Access
QATV-9: CITY COUNCIL, LICENSE
BOARD, ELECTED OFFICIALS, CITY
DEPARTMENT UPDATES, PRESS
CONFERENCES AND MORE ON
COMCAST CHANNEL 9

QATV On Demand
ALL OF QATV'S PROGRAMMING
READY WHEN YOU WANT TO
WATCH

QATV-8 LIVE STREAM

QATV-9 LIVE STREAM

BROWSE ON DEMAND LIBRARY

AAA Travel: Pandemic Will Suppress Memorial Day Travel

But Travelers Already Planning Future Trips

For the first time in 20 years, AAA will not issue a Memorial Day travel forecast, as the accuracy of the economic data used to create the forecast has been undermined by COVID-19. The annual forecast – which estimates the number of people traveling over the holiday weekend – will return next year.

Anecdotal reports suggest fewer people will hit the road compared to years past for what is considered the unofficial start of the summer travel season.

"Last year, 43 million Americans traveled for Memorial Day Weekend – the second-highest travel volume on record since AAA began tracking holiday travel volumes in 2000," said Cyndi Zesk, vice president of Travel for AAA Northeast. "With social distancing guidelines still in practice, this holiday weekend's travel volume is likely to set a record low."

Memorial Day 2009 currently holds the record for the lowest travel volume at nearly 31 million travelers, according to AAA. That holiday weekend, which came toward the end of the Great Recession, 26.4 million Americans traveled by

car, 2.1 million by plane and nearly 2 million by other forms of transportation (train, cruise, etc.).

AAA expects to make travel projections for the late summer and fall, assuming states ease travel restrictions and businesses reopen. Already, there are indications that Americans' wanderlust is inspiring them to plan future vacations.

AAA.com/travel online bookings have been rising, though modestly, since mid-April, suggesting travelers' confidence is slowly improving. When it is safe to travel, AAA predicts vacationers will have a preference for U.S. destinations, mostly local and regional locations, and the great American road trip.

The expected rebound in domestic vacations aligns with trends AAA anticipated for summer 2020 pre-COVID-19. In a March AAA Travel survey, 90% of the 173 million Americans who had summer vacations on the books planned to take a U.S.-based vacation. AAA travel experts say that's common during a presidential election year, when many travelers hold off on international travel because they want to see

how the election will affect the economy or international relations. This year, the phenomenon is amplified by concerns about the pandemic.

"The saying goes that the journey of a thousand miles begins with a single step. Americans are taking that first step toward their next journey from the comfort of their home by researching vacation opportunities and talking with travel agents," said Zesk. "We are seeing that Americans are showing a preference and inspiration to explore all that our country has to offer as soon as it is safe to travel."

The Centers for Disease Control and Prevention (CDC) continues to recommend that Americans stay home and avoid nonessential travel. Americans should heed all official warnings and refer to the latest updates from the CDC and U.S. Department of State to help decrease the spread of COVID-19.

AAA expects vacationers will gravitate to road trips and family bookings including air, car, hotel and activities to destinations in the U.S., Canada and Mexico. Shortly thereafter, assuming international travel restric-

tions are lifted, we expect to see more demand for tropical destinations and a wider range of international travel.

For would-be travelers, AAA – one of North America's largest travel agency networks – offers essential information and resources to guide exploring future domestic vacations. Check these out:

- **AAA Travel Guides** – find expert insight about where to go, how to get around, what to do and see, and what not to miss. These vacation planners offer suggested itineraries and more to help you best know how to plan a trip without missing anything along the way.

- **The Great American Road Trip** – check out the 11 most popular road trips in America along with travel tips and expert advice from AAA Travel Inspectors

and editors that will inspire you and help you find AAA Diamond designated hotels along the way.

- **Travel Agents** – knowledgeable AAA travel agents can help travelers assess their options and serve as their advocate in case any changes to travel plans are needed.

- **Travel Insurance** – consider purchasing travel insurance to protect vacation investments. It's important to review your options with a travel adviser as many travel protection plans exclude losses caused by an epidemic.

- **AAA's Best of Housekeeping badge** – look for a hotel that has earned the AAA Inspector's Best of Housekeeping badge. While all AAA Diamond designated properties must pass a comprehensive in-

spection, hotels that display the Inspector's Best of Housekeeping badge have achieved the highest possible scores for cleanliness, surpassing expectations, demonstrating housekeeping excellence for two consecutive inspections and are free of AAA member complaints. AAA is working with its industry partners to review its inspection process and standards to ensure they reflect the COVID-19 realities of today.

- **Road Trip Ready** – if your car hasn't hit the road in a while, AAA encourages you to take some simple steps to keep you and your vehicle safe. Use this car care checklist to ensure your vehicle is ready for summer travel.

For more information and to get started planning a trip, visit AAA.com/Travel.

Two Residents Raise Money For VT Children's Hospital

Two students from Quincy helped raise a collective sum of \$140,813.89 for the University of Vermont Children's Hospital through active participation in RALLYTHON - UVM's annual year-long student-led fundraiser and 12-hour dance marathon in support of Vermont's local Children's Miracle Network Hospital.

Local students who took part are Owen Doherty and Madeline Hutchinson.

Doherty raised enough money to reach the 'Dancer Goal' - a distinction given to participants who have fundraised between \$100 - \$249 over the course of the year.

Hutchinson raised enough money to earn the distinction of 'Hope Giver'

- a title given to participants who have fundraised between \$750 - \$999 over the course of the year.

RALLYTHON is a student-led yearlong fundraiser which culminates in a 12-hour dance marathon, signifying the average length of a nurse's shift at Vermont's local Children's Miracle Network Hospital.

Timothy O'Brien In Honor Society

Timothy O'Brien of Quincy was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. O'Brien was initiated at Salem State University.

O'Brien is among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi

each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

PUBLIC NOTICE

PUBLIC NOTICE

PUBLIC NOTICE 2020-086

Presently pending in the Ordinance Committee of the Quincy City Council to be passed at a later date:

Quincy Health Department Regulations – General Administrative Procedures

The purpose of this regulation is to establish general administrative procedures for all regulations adopted by the Quincy Health Department. This regulation is promulgated pursuant to the authority granted in MGL Ch. 111, s. 31.

The Quincy Health Department hereby adopts the following state regulations as part of the City of Quincy Municipal Code in order to utilize the non-criminal disposition procedure set forth in M.G.L. Ch. 40, s. 21D as an alternative to criminal prosecution when enforcing these same regulations:

1. Chapter 2 of the State Sanitary Code, 105 CMR 410.000, *Minimum Standards of Fitness For Human Habitations*.
2. Chapter 4 of the State Sanitary Code, 105 CMR 430.000, *Minimum Sanitation and Safety Standards for Recreational Camps for Children*.
3. Chapter 5 of the State Sanitary Code, 105 CMR 435.000, *Minimum Standards for Swimming Pools*.
4. Chapter 7 of the State Sanitary Code, 105 CMR 445.000, *Minimum Standards for Bathing Beaches*.
5. Chapter 8 of the State Sanitary Code, 105 CMR 480.000, *Storage and Disposal of Infectious or Physically Dangerous Medical or Biological Waste*.
6. The 1999 FDA Food Code, as amended by Chapter 10 of the State Sanitary Code, 105 CMR 590.000, *Minimum Sanitation Standards for Food Establishments*.

Each day on which a violation exists shall be deemed a separate offense. For the purpose of this provision, the penalties for violations of these regulations are established in the attached Table of Fines.

Table of Fines

Regulation or Bylaw	Fine Schedule	Fine Amount	Enforcement Agent
Rules or regulations adopted by the Quincy Health Department in accordance with M.G.L. Ch. 111, ss. 31, and M.G.L. Ch. 40, s. 21D	1 st offense	\$25.00	Public Health Commissioner or his/her designee
	2 nd offense	\$50.00	
	3 rd offense	\$100.00	
	4 th offense	\$200.00	
	5 th and each successive offense	\$300.00	

ATRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

PUBLIC NOTICE

PUBLIC NOTICE 2020-087

Presently pending in the Ordinance Committee of the Quincy City Council to be passed at a later date:

BE IT ORDAINED by the City Council of the City of Quincy that Title 8 of the Municipal Code, Health and Safety, be amended as follows:

In Chapter 8.12 Garbage Collection and Disposal by adding the following:

In Section 8.12.020- Rubbish-Placing for collection-Regulations

The Public Health Commissioner in the City of Quincy has made a determination that due to the significant presence of rodent activity throughout the City, a health problem exists when trash bags, full of garbage and mixed garbage and rubbish are placed at curbside for municipal collection. Due to this determination, plastic bags shall be used to store garbage or mixed rubbish and garbage ONLY if used as a liner in a watertight receptacle with a tight-fitting cover. Placement of trash bags only at curbside for municipal pickup is hereby prohibited. Any violation will be subject to a \$50.00 fine.

In Section 8.12.060 - Dumpsters-Owners and contractor-Maintenance duties by adding:

D. The owner shall provide a rodent control plan to include sufficient bait boxes at the site of placement of the dumpster.

ATRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

M
A
Y

2
1

2
0
2
0

BBB Business Tip: Watch For Fraudulent Online Purchases

By BETTER BUSINESS BUREAU

The sharp increase of online ordering, delivery services, and other internet commerce transactions is keeping some businesses afloat through the COVID-19 pandemic.

BBB warns that despite the credit card companies shifting to chip-enabled cards to reduce instances of fraud, scammers still find ways to steal shoppers' information. This presents a big issue for any business that processes the stolen card through their credit card payment system. There are a few ways to protect your small business from costly charge-backs.

One of the best ways to start is to review the agreement you signed with the credit card merchant, and ask for clarification on their policy regarding fraudulent purchases; it's important to know whether or not that is something they cover or if you are wholly responsible. Additionally, determine whether they require a cus-

tomers to input a PIN or zip code to verify their identity at the point of purchase.

Take the time to review your own internal policies with employees, and establish a set of steps to identify potential fraud. There are several red flags to watch for to help spot a potential scam:

- Keep a close eye for unusually large orders, placed through the internet without any contact from the customer

- Listen for a demand or repeated request for an urgent or rush order for large quantities of high-priced items to be shipped to different addresses or overseas

- Look for transactions with similar account numbers or using multiple credit cards, all shipping to the same address.

- Take note of multiple transactions on one card over a short period.
- Watch to see if there are several transactions on a single card with one billing address, but multiple shipping addresses.

- If possible, check if there are multiple payment cards used from a single IP address.

- Orders from internet addresses that use free email services.

- Customers requesting inventory lists with promises of placing a large order before the order is placed.

- Orders with missing information, and/or customers who refuse to provide contact information.

- First-time customers who exhibit some or all of the signs above.

While these are good indicators of a potential scam, it's unlikely that the presence of a single one indicates a stolen card or identity theft. It's best to be vigilant and scrutinize sales that look suspect before shipping any items. If an order raises several red flags, merchants are recommended to do what's necessary to determine that the person purchasing the item is the cardholder or an authorized representative.

- Contact the credit card merchant immediately to report any unusual activity.

- Try to obtain the name, address, and phone number for the cardholder if it's not already provided.

- Implement a policy in

your online ordering process that requires customers to enter the 3-digit security code number from the back of their credit card to complete the ordering process.

- Make an attempt to verify the billing address provided by calling the merchant bank associated with the information provided if you suspect there is a problem. If the address provided doesn't match the address of the cardholder, don't authorize the shipment.

- Implement a fraud detection service that blocks suspicious transactions. Some may charge a fee, and you will want to check

who is compatible with your vendors and which product/service works best for you.

- Use an address verification service (AVS) to freeze an order when the billing address entered doesn't match the billing address on record for the cardholder.

- Try to reach the customer using the phone number provided. If you cannot reach the cardholder, delay the shipment until you are able to do so.

- Investigate the address and/or phone number of any suspicious orders using reliable websites to verify a street address. In the United States, you can use the

USPS website. In Canada, you can use Canada Post.

As a small business, connecting with customers and having a good business reputation is important, but keeping them safe can be just as critical, especially right now.

Asking important questions and being vigilant about questionable sales can help keep your customers' information secure and keep your business in the black. When in doubt, don't send the order out!

Report a suspicious transaction to the credit card merchant as well as local law enforcement.

AAA Northeast Reopens Select Branch Offices

AAA Northeast reopened select branch offices in Massachusetts Monday, while following strict social distancing procedures and CDC guidelines for the protection and benefit of employees and AAA members.

Members should visit aaa.com/branches and enter their zip code to find the nearest open office. Everyone will be required to wear a face covering to enter and conduct business at AAA branch offices, and will be asked to socially distance. There will be a strict limit

on the number of members allowed in AAA branches at any given time.

Massachusetts Registry of Motor Vehicles services will be available by appointment only to members who complete an online reservation ahead of their visit, and members can schedule appointments up to two weeks in advance. AAA membership, insurance, travel and financial services will be available, either in person or through a virtual meeting. In some cases, curbside service will be available.

Due to staffing issues, some branches may remain closed or close on certain days, so members are urged to check the web site at aaa.com/branches or call the branch prior to visiting.

Office hours will be Monday-Friday from 9 a.m. to 5 p.m., and Saturdays from 9 a.m. to 1 p.m. To make an RMV appointment, visit aaa.com/appointments.

AAA's 24-hour Emergency Roadside Assistance has been and continues to be available throughout the entirety of the COVID-19 shutdown.

Quincy Point Congregational

Join Quincy Point Congregation Church for Virtual Worship, every Sunday at 10 a.m. This week will be guest preacher, Rev. Ellen Tatreau.

Worship can really be watched anytime that is convenient for you. Online you can go to Facebook or YouTube and search for Quincy Point Congregational Church. You can also visit our worship link at www.quincypointcong.org.

On your TV, if you have Xfinity or a smart TV, you can find us too. Simply press your voice remote and say, "Quincy Point Congregational Church on YouTube." Worship is also broadcast on Wednesdays at 6 p.m. on Quincy Access TV-Channel 8. Log in or

tune in, watch, listen and sing along.

The Church Office will remain open, Monday through Friday from 9 a.m. to 2 p.m. Call or email the church with any concerns or questions.

Did you miss one of the fundraisers for Australia Bushfire relief that were supposed to take place in March and May? Well, Welcome to the Quincy Point Congregational Church's Australia Bush Fire Relief Boutique. Check out all the fun items on: <https://www.eventbrite.com/o/quincy-point-congregational-church-15497563845>.

All donations will go to St. Vincent de Paul Australia NSW and Port Macquarie Koala Hospital.

Bethany Congregational Church

Bethany Congregational Church is broadcasting worship Services at www.bethanyconchurch.org, announces Senior Minister Rev. Patrick S. McCorkle.

Services are also broadcast on Quincy Access Tele-

vision (QATV) on channel 8 on Thursdays at 6 p.m. and Sundays at 10 a.m. The church can be reached by voicemail at (617) 479-7300 and by email at bethanyconchurch@yahoo.com.

LEGAL NOTICE

Notice of Public Hearing 2020 - 063

The Quincy City Council will hold a Public Hearing, on Thursday, May 28, 2020 at 5:30 PM at Quincy High School, 100 Coddington Street, Quincy to consider the following:

The Proposed Fiscal Year 2021 Municipal Budget
Pending in the Finance Committee

Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on May 28th to be entered into the record.

Nicole L. Crispo
Clerk of the Council

5/21/20

INVITATION TO BID

INVITATION TO BID

INVITATION TO BID

The Department of Public Building for the City of Quincy, Massachusetts is seeking sealed bids for "ASBESTOS REMOVAL" until Thursday, JUNE 4, 2020 in the offices of the Purchasing Agent, 1305 Hancock St., Quincy, Massachusetts 02169, at which time(s) and place all bids will be publicly opened and read aloud.

Awarding Authority: The City of Quincy - Department of Public Buildings, Quincy, Massachusetts

FIVE (5) - ASBESTOS REMOVAL PROJECTS

LOCATION	WALK THROUGH DATE	OPENING DATE
MONTCLAIR ELEM. 8 BELMONT ST. QUINCY, MA	MAY 27, 2020 @ 8:00 A.M.	JUNE 4, 2020 @ 11:15 AM
WOLLASTON ELEM. 205 BEALE ST. QUINCY, MA	MAY 27, 2020 @ 9:45 A.M.	JUNE 4, 2020 @ 11:30 AM
BERNAZZANI ELEM. 701 FURNACE BK. PKW QUINCY, MA	MAY 27, 2020 @ 11:30 A.M.	JUNE 4, 2020 @ 11:45 AM
MERRYMOUNT ELEM. 8 AGAWAM RD. QUINCY, MA	MAY 27, 2020 @ 1:30 P.M.	JUNE 4, 2020 @ 12:00 PM
SNUG HARBOR ELEM. 333 PALMER ST. QUINCY, MA	MAY 27, 2020 @ 3:15 P.M.	JUNE 4, 2020 @ 12:15 PM

Bids will be received at: QUINCY CITY HALL - Purchasing Department, 1305 Hancock Street, Quincy, Massachusetts 02169. At the time above they will be publicly opened and read aloud. Late bids will not be accepted and/or will be deemed non-responsive.

The work includes: Removal and disposal of approximate quantities of asbestos containing materials as directed in the specifications. A strongly advised non-mandatory Pre-bid site visit will be: SEE SCHEDULE ABOVE. The City of Quincy highly recommends attendance.

Each Bid must be accompanied by a Bid security in the amount of five percent (5%) of the total value of the Bid in the form of a Bid bond or certified/treasurer's check. Sealed bid in envelope should be plainly marked: "ASBESTOS REMOVAL" and should reference which project submission is for.

Pursuant to M.G.L. c. 149, § 29, the Contractor shall furnish a performance bond in an amount of 100% of the total Contract price and a payment bond in an amount of 100% of the total Contract price from a surety company qualified to do business under the laws of the Commonwealth of Massachusetts and satisfactory to the City or furnished and materials used or employed therein, when the Contract is executed.

The bidding and award of this Contract shall be in full compliance with Massachusetts General Laws, Chapter 149, §26 to 27H, as last revised, all Federal, State and City of Quincy regulations when applicable in relation to Minority Business Enterprise, Women's Business Enterprise, Minority Work Force, Equal Employment Opportunity, and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates.

Attention is called to the fact that not less than minimum prevailing wage rates set forth in the Contract Documents must be paid on this project. Attention is also called to requirements relating to Workmen's Compensation and conditions of employment.

The City of Quincy reserves the right to waive informalities, to reject any and all bids and to award the Contract in the best interest of the City of Quincy.

Non-responsive and/or unbalanced Bids may be rejected.

Thomas P. Koch
Mayor Office
5/21/20

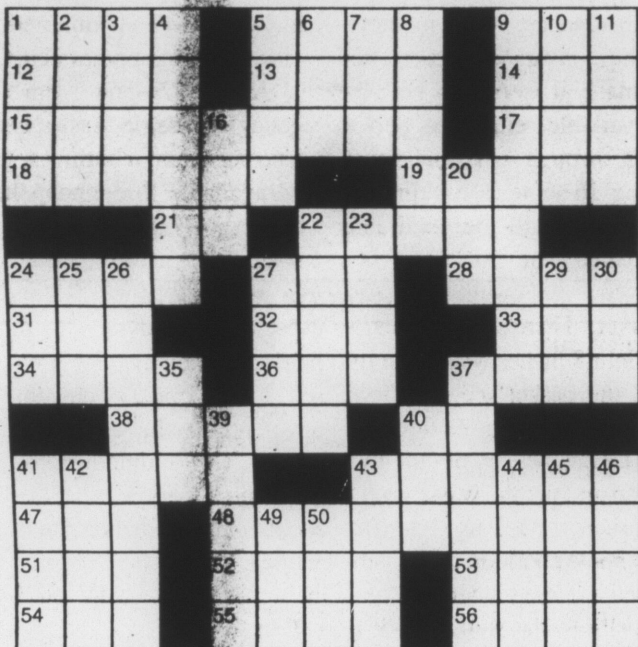
Paul Hines-Department Head
Department of Public Buildings

Kathryn R. Logan
Purchasing Agent

SUN FUN PAGES

King Crossword

- ACROSS**
- 1 Comes together
 - 5 Sail support
 - 9 Drenched
 - 12 Met melody
 - 13 From the beginning
 - 14 Wall crawler
 - 15 Voles
 - 17 Back talk
 - 18 Man's hat style
 - 19 Confound
 - 21 First word of "America"
 - 22 Gotham City super-villain
 - 24 Renown
 - 27 Standard
 - 28 Linger
 - 31 Chicken-kind link
 - 32 Recede
 - 33 Mongrel
 - 34 Two-wheeler
 - 36 Ph. bk. listing
 - 37 Relinquish
 - 38 Occurrence
 - 40 Letter after lambda
- DOWN**
- 1 Discussion group
 - 43 Insect with pincers
 - 47 Hawaiian neckpiece
 - 48 Crockett and Tubbs' show
 - 51 Tolkien ogre
 - 52 Beige
 - 53 North Sea feeder
 - 54 Buck's mate
 - 55 Deli loaves
 - 56 Reps.' rivals
 - 10 Satan's forte
 - 11 Work at the keyboard
 - 16 Parched
 - 20 Society newbie
 - 22 Frilly blouse accessory
 - 23 Spheres
 - 24 "Great!"
 - 25 Clay, today
 - 26 "Stop fighting"
 - 27 Teller's partner
 - 29 Flop
 - 30 Before
 - 35 Leading lady?
 - 37 Not straight
 - 39 "Wabbit" hunter
 - 40 — tai
 - 41 Walk wearily
 - 42 Prefix re planes
 - 43 Flightless flock
 - 44 — E. Coyote
 - 45 Warhead weapon, briefly
 - 46 The Bee —
 - 49 Unfriendly
 - 50 Exist



© 2020 King Features Synd., Inc.

MAGIC MAZE • ELECTRONIC COMPONENTS

K A X V O O L C J H E R R C
H A X V P R N R R L E J A
H C F D Y X O O O C M V N
T R T P M T K T T K R I N
G E D I A N S I S T O R E
B Z X A I W F C I I F U T
T R L Q S L I O A R N S L N
J L I O T G E I F P Y D N E A
C A E A Y R X W O A H V A S R
T H E D O I D S R C T P R U O
R H N R O T S I M R E H T F L

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: PROTECTS A CIRCUIT

Antenna	Diode	Resistor	Thyristor
Capacitor	Heat sink	Rheostat	Transformer
Coil	LED	Switch	Transistor
Crystal	Rectifier	Thermistor	

© 2020 King Features Syndicate, Inc. All rights reserved.

HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Fence slat is missing. 2. Window is added. 3. Book is upside down. 4. Steak is missing.



1. U.S. STATES: Which of the 48 contiguous United States has the largest land area?

2. TELEVISION: What city does SpongeBob SquarePants live in?

3. GENERAL KNOWLEDGE: What color is cyan?

4. FOOD & DRINK: In beer styles, what does the designation IPA mean?

5. GEOGRAPHY: Which two countries share the longest border?

6. ANIMAL KINGDOM: What is a group of squirrels called?

7. FAMOUS QUOTATIONS: Which famous author once wrote, "As full of spirit as the month of May, and as gorgeous

as the sun in Midsummer?"

8. MOVIES: In the 2020 movie, what is the real name of the superhero in "Black Widow"?

9. BUSINESS: Which animal is featured in the Porsche auto logo?

10. HISTORY: What was the name of the dog who was first to orbit the Earth in a space vehicle?

Answers

1. Texas
2. Bikini Bottom
3. Blue
4. India pale ale
5. The United States and Canada
6. A scurry or dray
7. William Shakespeare
8. Natasha Romanoff
9. A horse
10. Laika

(c) 2020 King Features Synd., Inc.

Wishing Well®

7	3	5	4	7	5	3	4	2	6	4	5	3
M	P	M	A	A	A	L	D	B	A	E	K	E
5	8	4	2	7	8	6	3	5	7	2	8	7
E	H	C	E	K	A	L	A	W	E	T	B	A
8	3	2	6	5	2	8	7	8	6	4	7	8
I	S	O	O	I	L	T	F	S	V	I	I	I
5	7	8	4	7	4	8	3	5	7	3	5	7
S	R	M	S	M	I	P	E	D	A	C	E	E
2	7	6	4	8	3	7	4	5	8	6	2	4
E	C	E	V	R	F	I	E	H	O	A	R	D
5	3	6	5	3	8	3	8	3	6	7	5	7
O	R	F	I	I	V	E	E	N	F	S	C	I
4	7	4	7	2	3	6	2	6	5	6	5	2
A	O	Y	N	A	D	A	N	I	E	R	S	T

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

© 2020 King Features Syndicate, Inc.

ARIES (March 21 to April 19) You might not like some people's idea of a surprise. But you could be in for a pleasant shock when someone finally sends a reply to a request you made so long ago that you almost forgot about it.

TAURUS (April 20 to May 20) It's a time to expect the unexpected. So don't be surprised if a decision that just recently seemed final suddenly opens up and leaves you with another chance to make an important choice.

GEMINI (May 21 to June 20) Taking a different tack on a work project might rattle some colleagues. But the positive results of your innovative course soon speak for themselves. Celebrate by doing something fun this weekend.

CANCER (June 21 to July 22) Meeting new associates can be awkward, even if you're in a high positive phase right now. Best advice: Make them feel comfortable, and you'll soon forget your own discomfort.

LEO (July 23 to August 22) It's a good time for you social Lions to blow-dry your manes, polish your claws and look like the Fabulous Felines you are as you make new friends and influence the influential.

VIRGO (August 23 to September 22) Expectations run especially high this week, and you should feel confident in your abilities to take advantage of what might be offered. A colleague has some advice you might find helpful.

LIBRA (September 23 to October 22) A recent flurry of activity leaves you in need of a little breathing space, and you'd be wise to take it. Close family members should have an explanation.



about an emergency situation that just passed.

SCORPIO (October 23 to November 21) An insensitive act makes a difficult situation more so. But try not to waste either your physical or emotional energies in anger. Move on and let others fill the clod in on the facts of life.

SAGITTARIUS (November 22 to December 21) It's a good time to look into that training program or college course you've been considering. You might have a good place to use those sharpened skills sooner rather than later.

CAPRICORN (December 22 to January 19) Education dominates much of your aspect during this week. You might want to start checking out those summer session courses that could help advance your career plans.

AQUARIUS (January 20 to February 18) Progress often comes in fits and starts. But at least you're moving straight ahead with no backsliding. You should soon be able to pick up the pace and reach your goals in due time.

PISCES (February 19 to March 20) Be wary of a deal that gives confusing answers to your questions. Remember: It's always risky swimming in unknown waters, so you need all the help you can get to stay on course.

BORN THIS WEEK: You have a way of bringing people together and creating close friendships wherever you go.

(c) 2020 King Features Synd., Inc.

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: R equals L

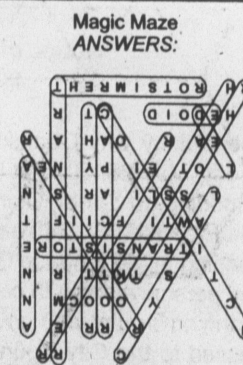
W I H S V O U C W E Q V A W T U E K H Y F M M
H T O J M M J K F H E J C, Y H A Q C K C' R R
S V E J F P C I C P J P W H R - E W B C J V Q C E.

© 2020 King Features Synd., Inc.

King Crossword

Answers

Solution time: 25 mins.



CryptoQuip answer

Just prefer trial-size tubes. and toothpaste, maybe he'll.

M
A
Y

2
1

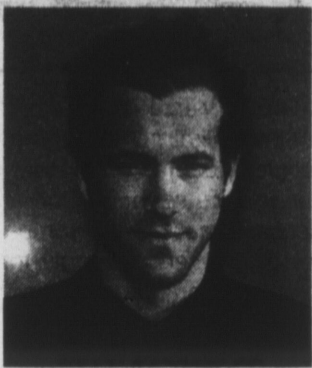
2
0
2
0

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- Our current pandemic will have a major effect on the next Oscar Awards on Feb. 28, 2021. Normally, in order to qualify for an Oscar nomination, a film must play in a theater in Los Angeles County for one week prior to Dec. 31, but because theaters have been closed there will be no way many movies can be seen to qualify. In response, the Academy of Motion Pictures Arts and Sciences has eased the eligibility requirements for films debuting on streaming and VOD platforms if they're made available on the Academy's exclusive streaming site within 60 days of their release, but only if they were previously intended for theatrical release. After theaters reopen, the one-week rule will be reinstated. It further announced that this will be the final year they'll send academy members screeners, thus also putting an end to the constant pirating of major film screeners.

*** I've had several fans of "7th Heaven" (1996-2007) ask me what has become of **Stephen Collins**, who played Rev. Eric Camden. In 2014 he became engulfed in a "Me Too" scandal that accused him of inappropriate sexual conduct with minors -- first one girl, then two others -- decades before. Collins confessed in the pages of People Magazine that he did "something terribly wrong." Although he apologized to one of the girls, his career was over. Stephen was unemployed, so he moved back to his native Iowa, where in



RYAN REYNOLDS

Photo credit: Depositphotos

July 2019 he wed German "superfan" **Jenny Nagel**. He was 72 and she was 32. Collins began his career on an episode of "The Waltons" in 1975, and in addition to "7th Heaven" he starred in 21 episodes of "Tales of the Gold Monkey" in 1982.

*** **Ryan Reynolds** has prepared for the shutdown. His film "The Hitman's Wife's Bodyguard" opens Aug. 28. "Free Guy," with **Jodie Comer** ("Killing Eve") drops Dec. 11, and the animated "The Croods 2," with **Emma Stone**, **Nicolas Cage**, **Leslie Mann**, **Catherine Keener** and **Cloris Leachman**, is due Dec. 23. He's currently prepping Netflix's untitled film based on T.S. Nowlin's book "Our Name Is Adam," about a man who travels to the past to enlist his 13-year-old self to confront their father, is ready to shoot when the industry reopens.

Kaley Cuoco's first job post-"Big Bang Theory" is the film "The Man From Toronto." It's a comedy about the world's deadliest assassin (**Woody Harrelson**) and a New York screw-up (**Kevin Hart**) who are mistaken.

King Features Synd., Inc.

GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: **

* Moderate ** Difficult *** GO FIGURE!

	÷		+		17			
+		×		-				
	×		-		20			
×		+		×				
	×		+		13			
22		13		10				
1	2	3	4	5	7	8	9	9

©2020 King Features Syndicate, Inc.

KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Airline Chair

Kem Weber (1889-1963) followed a strange path in his life, going from a farmer in Berlin to a famous modern architect and designer in the United States. He apprenticed in 1908 under a famous cabinetmaker. In 1926, he was chosen to supervise the construction of the German Pavilion at the 1910 exhibition in Brussels. A few years later, he went to California to design the German exhibit at the 1915 exhibition in San Francisco. But he was trapped in America by World War I and was refused permission to return home to Germany when the war ended. He had several art-related jobs. He taught art in a studio in Santa Barbara, and in 1921 he went to Los Angeles and worked in the design studio of a furniture and decorating store. In 1924, he became an American citizen. By 1926, he was the only designer and cabinetmaker producing modern designs on the West Coast. He created now-famous silver cocktail shakers and tea sets, and he decorated homes and store interiors.

In 1934, he created his famous sleek "Airline" chair. It was made to be taken apart so the pieces could be packed flat for inexpensive shipping. He was the main architect for Walt Disney Studios by 1939, and Disney ordered 300 of the chairs, but no more were made until 1993. His designs influenced many others while he continued to teach and design private houses. Today, streamlined designs by Kem Weber are famous and hard to find. A set of four unmarked Airline chairs were estimated at \$8,000 to \$10,000 at a Rago auction recently, but they did not sell. Perhaps the historic

design is still a little ahead of its time.

Q: I saw a Rookwood vase marked with the Rookwood mark and "ETH" at an antiques show. What does that stand for?

A: That is the monogram of the artist **Edward Timothy Hurley** (1869-1950), who worked at Rookwood from 1896 to 1948. His vases with landscape designs done at Rookwood sell for high prices. Hurley also did etchings, pastels and watercolors. He made several pieces in bronze, and was an author and illustrator of several books. His large vases call for thousands of dollars.

CURRENT PRICES

Vase, earthenware, gun-metal glaze, incised, applied shapes, footed, signed "Ted Randall," contemporary, 12 1/2 x 16 inches, \$315.

Hall tree, Gothic Revival, walnut, arched mirror, three drawers, gallery, masks, hooks, 96 x 48 inches, \$1,350.

Letter opener, gilded silver, nephrite, enamel, double eagle finial, laurel leaf swag, wooden box, 11 1/2 x 1 inches, \$2,460.

Weather vane, crowing rooster, stands on ball, copper, mounted on stand, c. 1900, 36 inches, \$4,920.

TIP: Wash art glass in lukewarm water with a little softening agent and some mild dishwashing soap.

For more collecting news, tips and resources, visit www.Kovels.com

©2020 King Features Synd., Inc.

Strange BUT TRUE

By Lucie Winborne

• The first sunglasses were invented in 12th-century China and made from smoked quartz. While providing no protection against harmful UV rays, they did give some relief from the sun's glare and also served as a valuable tool for Chinese judges, allowing them to seem emotionally detached during interrogations.

• A study by neurologists showed that some patients suffering from brain trauma and damage on the right-hand side of their brain have a compulsive obsession to tell jokes they find hilarious, while not finding other peoples' jokes funny at all.

• The hacker group Anonymous once sent thousands of all-black faxes to the Church of Scientology to deplete all of their ink cartridges.

• May 29 is officially "Put a Pillow on Your Fridge Day." This curious holiday

derives from an old custom of placing a piece of cloth from one's bedroom in a place where food was kept, helping to ensure a supply of future plenty to the household.

• **Sierra Leone** is the world's roundest country and sits not too far from Egypt -- the world's squarest country.

• Nearly 3% of the ice in Antarctic glaciers is composed of penguin urine. Due to the subzero temperature in that area, it can't evaporate.

• Think you hate going to the dentist? A 12-year-old French boy once faked his own kidnapping to get out of it! After being located in a village 100 miles from his home, the lad lied to police, even describing his kidnapper's distinctive cheek scar. Only after they had searched for a month and re-questioned him did the boy confess.

Thought for the Day: "A clever person solves a problem. A wise person avoids it." -- **Albert Einstein**

©2020 King Features Synd., Inc.

Now here's a tip!

by Jo Ann Derson

• "I found a small waste basket that fits right between the wall and my dryer. There's a gap that's about 8 inches wide. The lip of the basket keeps it from sliding down to the floor, so it's easy to clean out the lint trap and put the waste in the basket. Also, I used a strip of hook-and-loop tape to attach a tissue holder box vertically to the wall. I stick a box of fabric softener sheets in it, and they, too, are right where I need them." -- **T.K. in Nevada**

• "To keep the kitchen garbage can from smelling, I put spoiled food items in a bread bag, and then put it in the freezer until it's time for the garbage collector. I also have a friend with a compost bin, and I am doing the same with vegetables, fruit and peelings. I plan to bring the whole mess when I get to visit. The compost bin won't care if it's been defrosted!" -- **E.L. in Virginia**

• "Place recipes inside

of a plastic bag so that they can be handled while cooking, but not dirtied. This is especially necessary with heirloom recipes. For myself, I have made photocopies of recipes handed down from my grandmother, so the originals are safe in the cookbook. I like handwritten recipe cards because it's like the writer is there with you."

-- **T. in Ohio**

• Clogged drain? Don't use chemicals. "If you do encounter a full clog, try hot water and baking soda first. If that doesn't work, try a mixture of baking soda and vinegar. Avoid plumbing snakes, which can scratch the interior of your pipes, and commercial chemical cleaners, which are caustic and a health hazard, even when used according to instructions." -- **Colepepper Plumbing in California**

• To keep dirt from sticking to your dustpan, spray it lightly with furniture polish. Buff with a cloth so that it's not wet. Floor dirt will slide right off.

Send your tips to **Now Here's a Tip**, 628 Virginia Drive, Orlando, FL 32803.

©2020 King Features Synd., Inc.

Go Figure! answers

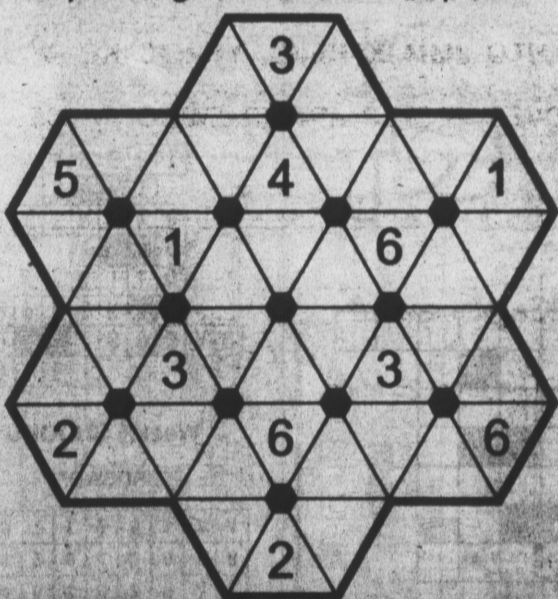
10	13	22
13	5	4
x	+	x
20	7	6
-	x	3
-	+	+
17	9	1

The answer is D) 31. In each large circle, multiply the top two numbers and add that to the product of the bottom two numbers. The result is the number in the smaller circle on the upper right.

SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK:

◆ Easy ◆◆ Medium ◆◆◆ Difficult

©2020 King Features Synd., Inc.

STICKELERS

by Terry Stickels

What number goes where the question mark is?

13	36	109	58	?
5 2	2 3	11 8	7 6	3 9
1 3	5 6	7 3	4 4	2 2

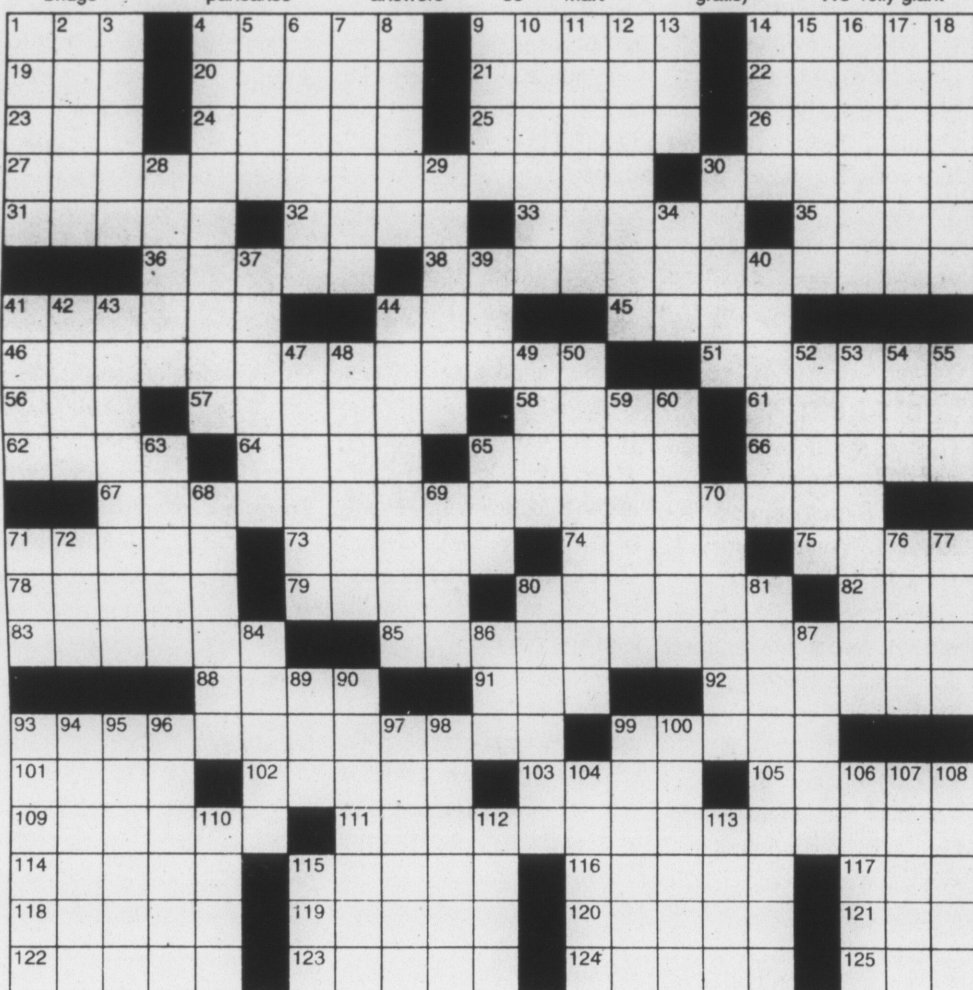
- A) 14
- B) 15
- C) 24
- D) 31

©2020 King Features Syndicate

Super Crossword

SELF DESCRIPTIONS

- ACROSS**
- Completed
 - Tea leaf readers, e.g.
 - Title for Macbeth
 - Places to pitch tents
 - Transgress
 - Bow go-with
 - Dignity
 - Largest city in Nebraska
 - Arthur of TV
 - White of TV
 - Writer Dillard
 - Prohibited acts
 - Gaugers charge them
 - Warrants
 - Sioux division
 - Just OK
 - Papa Doc's country
 - First-aid flora
 - No-see-ums
 - Symptom of mumps
 - Tumult
 - Air safety gp.
 - 1492, e.g.
 - Pesto
 - Ingredient
 - Portable
 - enplaning bridge
- DOWN**
- What a great ad campaign leads to
 - Plant pest
 - Grimm nasty
 - Pan-fry
 - Lane of song
 - Gymnast
 - Comaneci
 - Encore-eliciting cries
 - What many shards are
 - Handle the party food
 - Lake — Vista, Florida
 - George who played Sulu
 - Suffix with neat
 - Love to bits
 - Scourges
 - Sister of Fred Astaire
 - Blasting aid
 - Car rollers, in London
 - Actor Gable
 - Jewish ritual meal
 - Something associated with the first words of this puzzle's seven longest answers
 - Plant "pet"
 - 45s' relatives
 - Filmsy pancakes



Celebrity extra

by Dana Jackson

Q: Did I hear correctly that the show "God Friended Me" just had its series finale? I really like the show, but if that was the end of it, we still didn't get any answers as to who was behind the God Account. They left us hanging. This is a great, positive show that we need right now. -- K.L.

A: Yes, unfortunately, "God Friended Me" aired its two-hour series -- not just season -- finale in late April. The creators of the show didn't get much notice of its cancellation by CBS, but feel they did the ending justice. If you saw the scene on the mountaintop, that was actually filmed for the very first episode, but the footage wasn't used until the finale. The producers also stitched together an ending with more recent takes.

In an article on Deadline.com, co-creator Bryan Wynbrandt explained why fans didn't learn who was behind the God Account: "In the spirit of the show, searching for one's own place in the world, for Miles [Brandon Micheal Hall], his journey was less about him getting the answer and more about

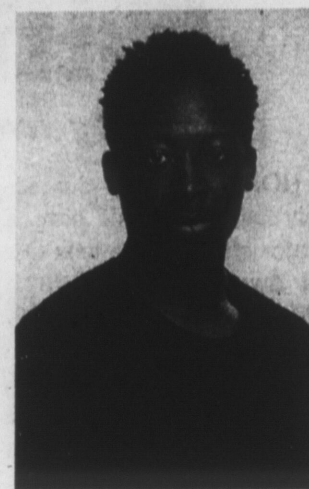
him being ready to receive it. Whether it's God or not God, it was about getting him to a place where he's open-minded and unencumbered by the tragedies of the past and he was fully open to the answer. That was ultimately the journey, and that's what the mountaintop represents. Who it was is less important."

While the message is a beautiful one, I'm with you -- I don't like vague endings. And if you missed the finale, all 22 episodes of "God Friended Me" can be streamed on CBS All Access.

Q: I heard that they are bringing back the family-friendly reality show "Wipeout." How are they going to do this with the pandemic? Do you know when episodes will air? -- T.K.

A: Yes, "Wipeout" will be back -- someday. The hit show aired on ABC from 2008 to 2014 and was recently acquired by the TBS cable channel for a planned 20-episode run, but it hasn't been filmed yet. The obstacle courses should be similar to the slippery ones that fans are familiar with, but TBS is adding some new challenges.

Brett Weitz, general manager of TBS, said that casting the competitors will only be done "virtually" for now due to the pandemic. Applicants can check out



BRANDON MICHEAL HALL

Photo credit: Jeff Riedell Warner Bros. Entertainment

www.wipeoutcasting.com for more information.

Q: Is "Westworld" going to be back on HBO? I really hope it continues, but it doesn't seem like many people talk about it anymore, so I wonder if it's lost viewers. -- P.B.

A: The ratings must be good enough because the science-fiction Western has been given the green light for a fourth season. Evan Rachel Wood, Thandie Newton and Ed Harris star in the series, which had only eight episodes for its critically acclaimed third season but drew an impressive 9 million viewers."

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

(c) 2020 King Features Synd., Inc.

Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|--------------------------|-----------|---------------------|-----------|
| 1. Firefighter's "steps" | ___ D ___ | Storeroom | ___ R ___ |
| 2. River transportation | ___ E ___ | Tenet | ___ N ___ |
| 3. Jim Henson's frog | K ___ | Loner | H ___ |
| 4. Fair-haired | ___ O ___ | Without flavor | ___ A ___ |
| 5. Sugary | ___ W ___ | Bed linen | ___ H ___ |
| 6. Almost, not quite | ___ L ___ | Close at hand | ___ B ___ |
| 7. Fire starter | ___ L ___ | Muffled | ___ A ___ |
| 8. Catsup container | ___ T ___ | Prepared for a trip | ___ D ___ |
| 9. Give 10% | ___ H ___ | Book heading | ___ L ___ |
| 10. Margarine's rival | ___ U ___ | Feeling well | ___ E ___ |

©2020 King Features Synd., Inc.

Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

© 2020 King Features Synd., Inc.

Super Crossword

Answers

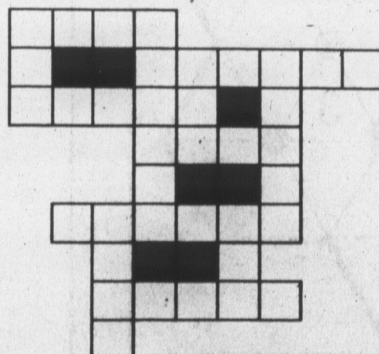


Even Exchange answers

- | | |
|-------------------|--------------------|
| 1. Ladder, Larder | 6. Neatly, Neatly |
| 2. Canoe, Canon | 7. Flint, Faint |
| 3. Kermel, Hermit | 8. Packet, Packed |
| 4. Blond, Bland | 9. Title, Title |
| 5. Sweet, Sheet | 10. Butter, Better |

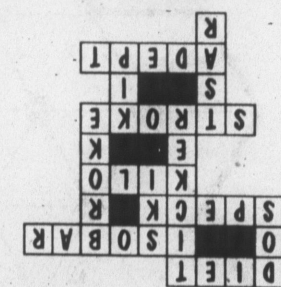
FEAR KN&T

- PKI
ROBIAS
♥CPKSE
OILK
♥KOSERT
♥OSD
♥ATRS
KERBO
KSI
CRETKI
♥PDATE
♥ITDE



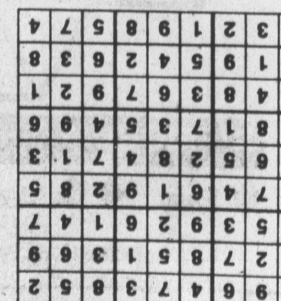
Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

FEAR KN&T answer



Weekly SUDOKU

Answer



M
A
Y

2
1

2
0
2
0

OBITUARIES

Robert S. Brainerd, 104

Robert S. Brainerd, age 104, of Quincy, succumbed to Covid-19 on May 6.

Loving husband for 62 years of Carol (Hutchings) Brainerd, who passed away in 2008, and devoted father of David Brainerd of Worcester and Madeleine Brainerd of Brooklyn, NY, who survive him.

Mr. Brainerd grew up in Dover, resided in Natick for 30 years and then Quincy for 40. After graduating from Harvard University in economics, he co-founded the Farm and City Exchange, an egalitarian economics network. During WWII he transported at-risk individuals out of occupied Austria to safety in France, and later fought forest fires in the California mountains with the Civilian Public Service program.

An activist throughout his life, dedicated to civil rights, peace, ecology and global democracy, he will be remembered for effective organizing and eloquent speaking. He worked to support his family by running the Office of Grants and Contracts at the Peter Bent Brigham Hospital.

Mr. Brainerd's thoughtful, courteous nature made



ROBERT S. BRAINERD

him dear to all who knew him. We cherish the memory of his whimsical humor, the poems he recited in four languages, the sound of him chopping firewood, and his delight in nature. We imagine him now, sailing among the islands along the coast of New England.

A memorial service will be held at the Church of the Presidents in Quincy when conditions allow.

Memorial donations may be made to the World Health Organization at who.int/emergencies/diseases/novel-coronavirus-2019/donate.

Funeral arrangements were made by O'Connor Brothers Funeral Home, Worcester.

Peter E. McLeod

Peter E. McLeod, 75, of Quincy died May 11 with his granddaughter Christina by his side.

Predeceased by his wife Kathleen McLeod in 2017.

He worked for the Amtrak Railroad for 42 years. Mr. McLeod was a funny man and enjoyed vacations in Wells, ME and Cape Cod with his family and friends. He loved walking, baseball,

football and horse racing.

Loving father of Lisa McLeod of Quincy.

The family would like to thank Dana Farber, hospice and Will Foshey for Peter's great care.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

James A. Conway, 83

James A. Conway, age 83, of Holbrook died peacefully May 10 in the comfort of his home, surrounded by his loving family.

He was born in Quincy, to the late John and Margaret (Geloran) Conway. Raised and educated in Quincy, Mr. Conway was a graduate of Quincy Vocational Technical High School, Class of 1956.

Following graduation, he went on to work for the Raytheon Company for forty-five years until retiring as a warehouse specialist. He was a hard worker and dedicated employee who was well-respected by fellow workers and management.

Mr. Conway served in the U.S. Army Reserve and was honorably discharged on October 5, 1962.

He loved playing tennis with his brothers and friends. He enjoyed going to the beach with his family and spending quality time with his family. He enjoyed his times vacationing in Ogunquit, Maine. Mr. Conway was known for his meticulously-manicured lawn and helping his neighbors snow blow their driveways. He was meticulous with everything that he did.

Beloved husband for thirty-eight years of Jeanne (Aholu) Conway. Devoted father of Lauren Conway of Brockton, Steven Conway of West Bridgewater, and step-daughter Robbin Delaney and her husband Tom of Holbrook. Cherished Grampy of Khory Conway and his fiancée Abbi Wirta, Kourtney Conway, Kodie Conway, Kristen Mento and



JAMES A. CONWAY

her husband Dan, and Kate-Lyn Scott and her husband Lawrence. Great-grandfather of Will and Benjamin Mento, Layla and Jayda Scott.

He is also survived by his siblings, Mary Gramazio, Robert Conway and his wife Geri, Irene Arsenault and her husband Paul, David Conway and his wife Judi; sisters-in-law, Sandra Conway, Linda Conway, and Jackie Keane. He was predeceased by his brothers, John Conway, Edward Conway, and Thomas Conway.

In light of current events, funeral services were private. Interment, with military honors, took place at St. Francis Xavier Cemetery, Weymouth.

Memorial donations may be made to the American Parkinson Disease Association - MA Chapter, 72 East Concord St., C3, Boston, MA 02218.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

John J. Sullivan, 90

John J. Sullivan, age 90, of Norwell, formerly of Quincy, died peacefully May 7 at the Royal Norwell Nursing and Rehabilitation Center.

Born, raised, and educated in Boston, John was a graduate of Roxbury Memorial High School, Class of 1945. He had lived in Quincy for five years, previously in Connecticut for over fifty years.

Mr. Sullivan was a proud Korean War veteran having served in the United States Army. He was a former member of the American Legion and Veterans of Foreign Wars.

He worked as a supervisor for the Stop and Shop Company for thirty-seven years, mainly in Connecticut stores.

Beloved son of the late Cornelius and Anna (Blondiet) Sullivan. One of eight siblings, he is survived by Rita M. Stamper of Quincy, and was predeceased by Cornelius Sullivan, Anna Sullivan, Charles Sullivan, Helen Shalkauskas, The-



JOHN J. SULLIVAN

resa Sullivan and Walter Sullivan. Also survived by eight nieces, three nephews, and many grandnieces and grandnephews.

In light of current events, Mr. Sullivan's interment at the Massachusetts National Cemetery in Bourne took place privately.

For those who wish, donations in John's memory may be made to the Alzheimer's Association, 309 Waverly Oaks Rd., Waltham, MA 02452.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Ann M. Kelliher

Ann M. (Marchese) Kelliher of Quincy died May 11.

Born May 4, 1936, she adored her family and being home to raise her children and spend time with her grand and great grandchildren; they were her whole life. Mrs. Kelliher enjoyed crocheting, crafts, and needlepoint before her vision started to go. She was a volunteer and client at the Blind Center of Quincy and also the Greater Boston Aid to the Blind. She was a social and outgoing woman who made friends with everyone she met. She will be greatly missed by all who knew her.

Beloved wife of the late Raymond Kelliher. Loving mother of Diane Tait and her husband Robert of Quincy, Thomas Kelliher and his wife Jill of Florida, and the late Kathleen Kelliher. Cherished sister of Rosema-

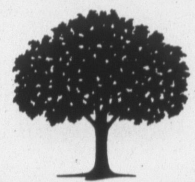


ANN M. KELLIHER

rie Renda and her late husband Joseph of Weymouth and the late Joseph Marchese and his wife Mary and Carmelo Marchese. Loving grandmother of Lisa Tait of Quincy and her husband Anthony, Lauren Kusnierczak and Andrea Kelliher of Florida. Great grandmother of Jayen and Mia Bertino. Also survived by many nieces and nephews.

Services will be private. Memorial donations may be made to the South Shore Center for the Blind, PO Box 108, Quincy, MA 02169.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.



DOLAN
FUNERAL SERVICES

"Caring for your life's journey"

- ◆ Funerals
- ◆ Cremations
- ◆ Pre-Arrangements

Service times and directions at:
www.dolanfuneral.com

THE DOLAN FAMILY
W. Craig
Paul F.
Frederick J.
Courtney

1140 WASHINGTON STREET
DORCHESTER, MA 02124
(617) 298-8011

460 GRANITE AVENUE
MILTON, MA 02186
(617) 698-6264



Honor Your
Loved One's
Memory
With Flowers

cliffords.com
1.800.441.8884



Over 70 Years Of
Personalized Service

SWEENEY BROTHERS
Home for Funerals, Inc.

RICHARD T. SWEENEY, JR.
FRANCIS M. SWEENEY • RICHARD T. SWEENEY III

1 INDEPENDENCE AVENUE
QUINCY, MASSACHUSETTS 02169

(617) 472-6344 • www.thesweeneybrothers.com

More news &
obituaries online

Visit:

TheQuincySun.com

MAY

21

2020

H. Winslow Bettinson, 100

H. Winslow Bettinson, age 100, of Middleborough, formerly of Braintree, died peacefully May 13 at N-masket Healthcare Center.

Born in Arlington, to the late Everett H. and Margaret (Gott) Bettinson, he was raised and educated in Arlington and Waltham. Mr. Bettinson was a graduate of Waltham High School, Class of 1938, and the Le-land Powers School of Radio in 1939. He had lived in Middleborough for the past three years, previously in Braintree for over fifty years.

Mr. Bettinson was a well-known radio personality in Quincy and throughout the South Shore. He was a radio broadcaster and program director for Quincy's WJDA for the South Shore Broadcasting Company for thirty-eight years, beginning with the station in 1952. He was the first host of the popular "Party Line" program and produced the Church in the Wildwood and Songs of Faith programs. He was the recipient of a First Place Award in the Public Service Category in the UPI Tom Phillips New England Broadcast competition for "Operation Health." Mr. Bettinson had previously worked in Portsmouth, N.H. for station WHEB for nine years, and in Lynn for radio station WLYN for three years. He retired in 1990 after fifty years in the radio industry.

Mr. Bettinson was involved in numerous civic and charitable associations. He was a trustee of the South Shore Savings Bank for many years. He was an active member of the Kiwanis Club of Quincy for over forty years, having served as the editor of the club's weekly newsletter during that time. He was past president of the Norfolk Lung Association and had served as an Advisory Board member of the Sal-



H. WINSLOW BETTINSON

vation Army in Quincy for many years. He was also a member of the Braintree chapter of the AARP.

He was a longtime active member of the Bethany Congregational Church in Quincy where he served as church moderator, deacon, and in the choir. He was a former member of the South Congregational Church in Braintree.

Beloved husband of the late Jean E. (Maker) Bettinson. Devoted father of Dana W. Bettinson and his wife Laurie of Carver, the late Andrea L. LoPresti and her husband Nicholas of River-view, Fla. Loving grandfather of James LoPresti and his wife Deanna, and Andrew LoPresti all of River-view, Fla. Cherished great-grandfather of Zhaddon LoPresti.

One of four siblings, he was predeceased by Howard Bettinson, Adele Broderick, and Ruth Bettinson. Also survived by many nieces and nephews, great nieces and great nephews.

In light of current events, a memorial service will be celebrated at a later date.

For those who wish, donations in Mr. Bettinson's memory may be made to the Bethany Congregational Church Memorial Fund, 18 Spear St., Quincy, MA 02169.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Meri Gjerazi, 89

Meri (Zdruli) Gjerazi, 89, of Quincy, died May 9.

Born and raised in Dardha, Albania she was the daughter of the late Fani Zdruli and Dhona (Ktona). Meri was the beloved wife of the late Vangjo Gjerazi, and the devoted mother of Ela Papaargjir and her husband Anastas of Quincy, and Kristina Cika and her husband Dhimitri of Worcester. She was the sister of Kico Zdruli and his wife Zhani of Worcester, and the loving grandmother of Ilda Cela and her husband Edmond of Milton, Linda Geder and her husband Kyle of South Boston, and Johana Trasha and her husband Klaus of Weymouth, and the proud great-grandmother of Mateo and Aria Cela.

Mrs. Gjerazi was a seam-



MERI GJERAZI

stress in the apparel industry in Albania before emigrating to the United States. The greatest joys in her life came from time spent with her family.

In light of current circumstances, services May 15 were private, with burial in Cedar Grove Cemetery, Dorchester.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Joyce Roberts, 96

Joyce Roberts, 96, of Portland, Maine, formerly of Quincy, died May 12 after a courageous fight with the coronavirus.

She spent the majority of her life on the South Shore of Massachusetts working with her late husband, Darrell Roberts, in the TV & appliance business.

Mrs. Roberts had a passion for golf and bridge and was known for her great sense of humor and feisty personality. She and her husband retired to Florida and spent many years enjoying the activities she loved with great friends.

Most recently she lived at the Cedars complex in Portland where she quickly mingled with the residents and grew fond of many of the staff.

She was loved by all.

Loving mother of Debra Hanian and husband Raymond. Cherished grandmother of Eric Hanian and his wife Meaghan, and Kevin Hanian and his wife Sara.



JOYCE ROBERTS

Great grandmother of Tyler and Maeve Hanian. She was preceded in death by her brother Douglas Bailey and his wife Elsie.

Due to restrictions in place during the pandemic, a private funeral and burial service with family members will be held in her honor.

Memorial donations may be made to the Cedars, 630 Ocean Ave., Portland, ME 04103.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Dorothy M. Bricker, 91

Dorothy M. Bricker, age 91, of Quincy, died peacefully May 12 at the Hancock Park Rehabilitation and Nursing Center in Quincy.

Ms. Bricker was born in Boston, raised and educated in Dorchester, and was a graduate of Dorchester High School, Class of 1946. She had lived in Quincy for over fifty years.

She was employed as a sales associate in the advertising industry for many years.

She was an active member of Saint John the Baptist Parish in Quincy. She served as senior acolyte, lector, and Eucharistic minister. Ms. Bricker dedicated her life to helping others in need and was well known for her kind heart and gentle spirit.

Beloved daughter of the late Frederick and Helen J. (McMaster) Bricker. She was lovingly known as Auntie Dottie to Amanda M. (Collins) Pfister and her husband Sean of Quincy, the late Danielle K. Collins, and their families.

In light of current events, funeral services were private. Interment took place at Mount Benedict Cemetery, West Roxbury. A memorial Mass and celebration of Dottie's life will be held at a



DOROTHY M. BRICKER

later date.

Memorial donations may be made to Saint John the Baptist Church, c/o 556 Washington St., Quincy, MA 02169.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Anita Ricciuti

Anita (Fabrizio) Ricciuti, who died May 13, was born March 24, 1938 in Quincy, where she graduated from Quincy High School in 1954 after serving as a varsity cheerleader.

A former beauty contestant, she attended the Academy Moderne finishing school and went to work at Bethlehem Steel in Quincy. Later in life, Mrs. Ricciuti worked as a receptionist for the O'Connell Management Company, as an assistant clerk in the Quincy District Court, and as an executive assistant for the Hancock Monument Company, the family business.

In 1959, she married the love of her life, John Ricciuti, who passed away just 40 days ago. Together, Anita and John raised four children. They are survived by their son, John D. of Boston, and his children Joseph, Peter and Jack; their son, Michael D. of Milton, his wife Maureen, and their children Christopher, Michael and Kathryn; their daughter, Natalie A. Ducharme of Quincy, her fiancé Michael Wohl, and Natalie's children Jonathan and Elizabeth; and their son, Christopher P. of Summit, New Jersey, his wife Annette, and their daughters Sloane and Delaney. She was the daughter of the late Daniel and Adelaide Fabrizio. She is also survived by her brother Daniel Fabrizio and his wife, Joan of Braintree, and her sister-in-law Marie D'Olimpio of Quincy. She also leaves behind several beloved nieces and nephews.

Elegant and polished but funny and vivacious, Mrs. Ricciuti had a sparkling personality and could light up any room she entered. She and her husband, John, were mainstays of a large extended family on both sides and had legions of friends



ANITA RICCIUTI

in Quincy, where they lived all of their lives, in New Bedford, where Hancock Monument was located, and in Dennis, where they had a summer home. Mrs. Ricciuti devoted herself to her family and friends. She was not only the life of the party, Anita was the driving force in her family, strongly supporting her husband and children in boldly pursuing their dreams and offering unflagging, genuine enthusiasm and positivity. Mrs. Ricciuti was also active in social and charitable organizations, to include the Quincy Neighborhood Club, the Thomas Crane Public Library, and the National Kidney Foundation.

Over the last decade plus, Mrs. Ricciuti waged a fierce battle against dementia, with John as her tireless strategist, but the disease slowly and inexorably stole away everything that made Mrs. Ricciuti the bubbly person she was, despite John's constant and loving attention. It is sad but fitting that she and John passed away essentially together, as they were inseparable in life, never venturing far from one another.

Because of the pandemic, burial will be private. Funeral proceedings will be in Quincy at date to be determined once the pandemic has passed.

Funeral arrangements were made by Dolan Funeral Homes.



HAMEL-LYDON CHAPEL
&
CREMATION SERVICE OF MASSACHUSETTS
Pre-Planning • Funerals • Cremations

"We are a family owned and operated business, and we take seriously the health and safety of your family and ours. We are deeply saddened by the devastating impact of COVID-19 globally and in our communities. During these challenging and ever-changing times, you can rest assured that we at Hamel-Lydon Chapel will recommend only safe and healthy options to remember and memorialize those whose families place their trust and confidence in our capable hands. As always, we will be here when you need us. Wherever and whenever that may be."

-Christopher P. Goulet & Michelle A. Lydon, Directors

(617)472-5888

650 Hancock Street, Quincy, MA 02170 • HamelLydon.com

**More
Obituaries On
Pages 28, 29
and online
Visit:
TheQuincySun.
com**

Rosalie C. Perfetuo

Rosalie Catherine Perfetuo, a lifelong resident of Quincy, was born to Maria Alfeo Morreale and Jerolomo Morreale of Aragona, Sicily, on Jan. 30, 1920 and

died on May 13 of natural causes.

She is survived by her son Francis of Quincy, son Jerry and wife Marjorie of Hanover. In addition, she

is survived by sisters Antonia (Toni) and Geraldine (Gerri). She was the wife of the late Salvatore Perfetuo, whom she was lovingly married to for 62 years. She was a devoted sister to the late Carmelo (Camels) and Antonio (Tony) Morreale, Ann Romano, and Serafina (Sally) Attardo. She was also the loving grandmother to Stephen, Lisa, Shane, Dawn, Jenny, and Kyla.

One of her greatest joys was watching her beloved Boston sports teams, especially the Boston Red Sox and Bruins. Mrs. Perfetuo also adored playing cards with her sisters and sisters-in-law. She recently enjoyed her 100th birthday with a celebration which was attended by many friends and family.

Sadly, the family will be unable to host a celebration of her life due to the COVID-19 pandemic. A private burial was held Monday. Details of a future celebration are to be determined.

Funeral arrangements were made by Boston Cremation, 116 Franklin St., Quincy.

Catherine H. Doyle, 81



CATHERINE H. DOYLE

Sarah and Alyson Doyle and great-grandmother to Nicholas Jr., Nolan, and Connor Doyle, as well as many nieces and nephews.

Catherine Hannah (Hayes) Doyle, age 81, of Quincy died May 15 after a short battle with pneumonia.

She was born on Aug. 27, 1938, beloved daughter to the late John J. Hayes and Nora J. Teehan and one of six siblings. She is survived by her sons Sean Doyle of Hull and his wife Tina Doyle and Glen Doyle of Quincy and his wife Jenna Doyle. Beloved grandmother to Nicholas Doyle of Quincy and his wife Danielle Doyle,

In her younger years, she enjoyed attending bingo and frequent trips to Las Vegas with her very best friend, the late Virginia Broolin. Her greatest joy in life was spending time with her grand and great grandchildren as often as possible.

A private celebration of life will take place at a later date.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Jeremiah W. Hanlon, 86

Jeremiah W. Hanlon, age 86, of Quincy, died May 5 at South Shore Hospital.

Born on Oct. 18, 1933 in Boston; son of the late William J. Hanlon and Sarah J. (McGee) Hanlon. He was raised in South Boston and moved to Quincy in 1969.

Jeremiah graduated from South Boston High School and had been employed as a sheet metal worker with the Sheet Metal Workers Union Local #17 for over 40 years.

He joined the United States Navy and served honorably during the Korean War. He was a longtime member of the George F. Bryan VFW Post #613 in Quincy.

Jeremiah was a devoted and active parishioner of St. George Albanian Orthodox Cathedral in South Boston for many years. He was an instrumental part of many services and special occasions for the church as a Head Usher.

His family was always the most important aspect of his life, especially his grandchildren. He was also a huge fan of Boston sports.

He was predeceased by his beloved wife Antoinette A. (Adams) Hanlon. He is survived by his devoted and loving children Paul W. Hanlon and his wife Cheryl of Reading and Jane M. Hanlon-Cook of Quincy and his cherished grandchildren Andrew P. Hanlon, Adam J. Cook, Meghan P. Hanlon and Jack J. Cook and his dear friend Cindy Madden

of Weymouth. Brother of the late Frances Hanlon and William Hanlon.

Out of genuine concern during this difficult time throughout the world and in our community, the family will gather to celebrate Jeremiah's life in a private Eastern Orthodox Funeral Service followed by burial with United States Navy Military Honors in recognition of his faithful and honorable service to our country at the Massachusetts National Cemetery in Bourne.

Memorial donations may be made to St. George Albanian Orthodox Cathedral, 523 E. Broadway, South Boston, MA 02127.

Funeral arrangements were made by Brasco & Son Memorial Funeral Home, Waltham.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P0958EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Francis W. Lemieux
Also known as:
Frank W. Lemieux
Date of Death:
November 18, 2019

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **William J. Lemieux of Randolph, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **William J. Lemieux of Randolph, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in an **unsupervised** administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 06/03/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: April 29, 2020
PATRICK W. McDERMOTT
Register of Probate

5/21/20

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P1031EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Robert Benjamin Deitz
Also known as:
Robert B. Deitz
Date of Death:
July 23, 2019

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Linda A. Deitz of Randolph, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Linda A. Deitz of Randolph, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in an **unsupervised** administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 06/17/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: May 12, 2020
PATRICK W. McDERMOTT
Register of Probate

5/21/20

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO20P0385EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
RUTH S. DOBBIE
Date of Death:
January 20, 2020

To all persons interested in the above captioned estate, by Petition of:

Petitioner **HEATHER MACWHINNIE of QUINCY, MA.**

A Will has been admitted to informal probate.

HEATHER MACWHINNIE of QUINCY, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

5/21/20

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO20P0809EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Fred J. Connelly
Date of Death:
February 5, 2020

To all persons interested in the above captioned estate, by Petition of:

Petitioner **Rose E. Connelly of Quincy, MA.**

Rose E. Connelly of Quincy, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

5/21/20

Real Estate Market Sales Sluggish, Lending Strong

Cont'd From Page 12

land documents for recording. None of this could have been accomplished without the cooperation of the general public, our users and the professionalism of the Registry staff.

"By staying open, we have allowed the Norfolk County real estate market to continue to be viable. Buyers and sellers of real estate have benefited. Consumers have been able to reap the benefits of historically low interest rates. Additionally, the revenues collected through transaction fees and deeds excise tax have been forwarded to the state and county. These monies, \$56 million of which was collected during calendar year 2019, continue to be utilized by our state, county and local communities to help pay for critical social services, education, law enforcement and other critical needs. Our goal is to remain operational through the COVID-19 state of emergency.

"We are hopeful," O'Donnell continued, "that the eventual re-opening of the local economy will not

only have a positive impact on all but provide a boost to the local real estate economy. We thank all Norfolk County residents for their patience and understanding during this extraordinary time in our lives. Be healthy. Be safe."

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and/or Instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High St., Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

All land record research information can be found on the Registry's website www.norfolkdeeds.org. Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

M
A
Y

2
1

2
0
2
0

OBITUARIES

Catherine Caldwell, 98

Catherine "Mammi" (Coutsonikas) Caldwell, 98, of Quincy, born in Nashua, NH, died peacefully May 15.

Mrs. Caldwell was the devoted wife of the late Frederick Caldwell for 65 years. She is survived by her beloved sons: Frederick and his wife Patricia of Quincy, Jerry and his wife Andree of Quincy and Kenneth and his wife Mary Lee of Plymouth. She is preceded in death by her loving daughter, Jacqueline Bythrow. She is also survived by 13 grandchildren, 38 great grandchildren and 1 great-great grandchild.

Mrs. Caldwell loved spending time with friends and family and entertaining during the holidays. She enjoyed doing craft, traveling, and wintering in the Florida Keys with Fred and being surrounded by her family.

She settled in Quincy with her family in 1954 and loved living in Houghs Neck and enjoyed going to the Houghs Neck Community Center for companionship and to play bingo.

Mrs. Caldwell was a



CATHERINE CALDWELL

graduate of Somerville School of Nursing and became a registered nurse in 1974. She worked as an RN at Somerville, Peter Bent Brigham, and Quincy Hospitals.

She will be sadly missed by all those who were fortunate to have known her. She was one-of-a-kind.

The family would like to thank the staff at Atrium at Faxon Woods and at Seasons Hospice for their care and kindness.

A private family burial was held Wednesday at Pinehill Cemetery in Quincy.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

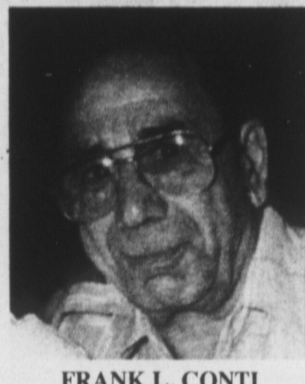
Frank L. Conti, 99

Frank L. Conti, age 99, a longtime Quincy resident, died May 14.

Mr. Conti was born on March 10, 1921 in Roxbury, the South End area. He was the son of Orlando and Mary (Blasi) Conti. He attended Boston schools up to the age of 10, then moved to Dorchester, Fields Corner section, where his father Orlando had his barber shop.

At the age of 21, Mr. Conti joined the Army Air Corps right after the bombing of Pearl Harbor. Following his basic training, he was stationed at Pecos Texas Air Field and was sent to Aviation Mechanical School where he graduated and was later assigned to two basic training airplanes called BT13s. He was responsible for all maintenance of these aircraft, which was completed at the hangers.

Mr. Conti met his wife Billie J. Gilder at the military base. She was responsible for all parachute repairs and packing. After a brief courtship, they were married at the Army base chapel. Three months later he was transferred to Shreveport, LA - it was there that he had ten weeks of military police combat training. After completing his training, he was transferred to Vancouver, WA for overseas in the Pacific Campaign and later to Oahu, Pearl Harbor. Mr. Conti was later transferred to Maui for two weeks of jungle training. He spent 16 months in the Pacific Campaign.



FRANK L. CONTI

When World War II ended he was shipped back to the United States and was honorably discharged. He then went to work at the Boston Naval shipyard, serving a four-year apprenticeship course and passing the exam to receive his electrical license in 1956. Mr. Conti worked as a licensed electrician in Quincy for over 50 years.

The beloved husband of 74 years to the late Billie J. (Gilder) Conti. Loving and devoted father of Patricia Murrell of Indiana, Thomas Conti of Braintree, Janet Whalen of Hanson, Robert Conti of Plympton and the late Frank L. Conti, Jr. He is the cherished grandfather of 7 grandchildren and 3 great grandchildren.

In consideration of current events and keeping in mind our number one priority of protecting our families and our community, Mr. Conti's services are private.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Maureen E. Valkanas, 79

Maureen E. (Canniff) Valkanas, age 79, of Canton, died peacefully May 14 at Norwood Hospital.

She was born in Quincy, to the late Mary A. (Sullivan) and Edward T. "Tad" Canniff, Sr. She was raised in Hyde Park and was a graduate of Hyde Park High School, Class of 1958. Mrs. Valkanas had lived in Canton for five years, previously in Marshfield for over twenty years, and earlier in Dedham for twenty-one years.

She was employed as a secretary and graduated from the former Boston Clerical School. She began her career at the Watertown Arsenal, where she would meet her husband. Mrs. Valkanas later worked in various banking institutions. She finished her career working with her late husband at Mount Auburn Memorial in Cambridge.

Mrs. Valkanas was a daily communicant and an active parishioner of Saint Ann By The Sea Church in Marshfield, where she served as a Eucharistic minister. She had a special devotion to the rosary and enjoyed watching Boston Catholic Television.

Mrs. Valkanas was an avid gardener and loved to cook, especially Greek dishes. She was an avid traveler and enjoyed spending time in Marco Island, Fla.

Beloved wife of the late Andrew T. Valkanas. Devoted mother of Michael A. Valkanas, M.D. and his wife Lynne of Canton and her beautiful daughter, the late Diane Valkanas. Loving grandmother of Andrew Michael and Laura Diane.

One of seven siblings, she was the dear sister of



MAUREEN E. VALKANAS

Edward T. Canniff, Jr. of Mattapan, Susan A. Gillis and her husband Thomas of Hyde Park, Claire M. Sullivan of Weymouth and her late husband Paul, and was predeceased by Mary Lou Donovan and her late husband Francis, William S. Canniff and his surviving wife Patricia of Milton, and Kathleen A. Hansen. Sister-in-law of Ann Karas and Bill Karas of New York and Aglaea Vranos and her husband Alex of Connecticut. She is also survived by many nieces, nephews, and cousins.

In light of current events, funeral services were private. Interment took place at Forest Hills Cemetery, Boston. A memorial Mass and celebration of Mrs. Valkanas' life will be held at a later date.

Memorial donations may be made to the Diane Valkanas Scholarship Fund, 162 Goddard Ave., Brookline, MA 02466 or to Compassionate Care ALS, P.O. Box 1052, West Falmouth, MA 02574 or at ccals.org.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Robert Michaud, 87

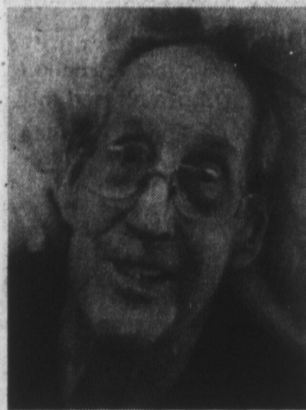
Robert Michaud, age 87, a longtime resident of Hull, died peacefully May 11 at Life Care Center of the South Shore.

Born in Quincy, to the late George and Daisy Mabel (Turner) Michaud, he was raised and educated in Quincy. He had lived in Hull for thirty years, previously in Quincy.

Mr. Michaud was a proud veteran, having served in the U.S. Army during the Korean conflict. He was employed as a machinist with Semline, Inc. of Braintree and retired after forty years of service.

He was an excellent mechanic, enjoyed walking, and was an avid can picker. He loved trips to the casino with family and friends.

Devoted father of Kent Michaud and his wife Constance of Hawaii, William R. Michaud and his wife Linda of Braintree, Robert J. Michaud and his wife Gina Marie of Scituate, Fred Mahoney and his wife Sheryl of Quincy, Karen Vecchione and her husband Robert of Quincy, and Linda Ryan and her husband Thomas of Rhode Island. Loving



ROBERT MICHAUD

grandfather of twelve and cherished great-grandfather of four. Dear brother of Carol Olson of Newburyport. He is also survived by many nieces and nephews.

In light of current events, funeral services were private. Interment, with military honors, will take place at Mount Wollaston Cemetery in Quincy at a later date.

Memorial donations may be made to the Cystic Fibrosis Foundation, 4550 Montgomery Ave., Suite 1100 N, Bethesda, MD 20814 or by visiting cff.org.

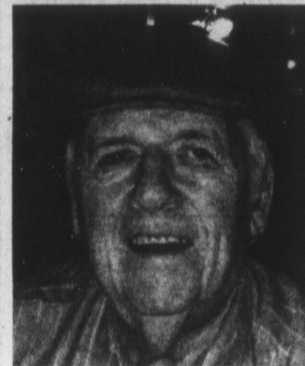
Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Richard G. Nickerson, 84

Richard G. Nickerson, age 84, of Quincy, died May 13.

He was born in Boston and grew up in Dorchester and had lived in Quincy since 1981. Mr. Nickerson served in the U.S. Army. He was a bus driver for the MBTA out of the Quincy Car Barn. He belonged to the South Shore Model Railroad Club.

Beloved husband of Janet F. Shields. Devoted father of Karen (Nickerson) Bruynell and her husband Kenneth "Buddy" of Weymouth and Richard S. Nickerson of Whitman. Loving papa to Hilary, Jonathan, and Thomas Bruynell. Brother of the late Charles, Joseph, and William Nickerson. Brother-in-law of Doris Nickerson of Weymouth, Stanley and Cindy Shields



RICHARD G. NICKERSON

of Putnam, Conn., the late Phyllis and Sarah "Pat" Nickerson. Beloved uncle to many nieces and nephews. Former husband of Harriet (Amirault) Nickerson of Weymouth.

Private burial in Blue Hill Cemetery, Braintree. A public memorial service will take place when it is permitted.

The Clancy-Lucid Funeral Home, Weymouth, is assisting his family with arrangements.

The Nickerson family wishes to thank the staff at Care One in Weymouth for their compassionate care given to Mr. Nickerson.

Memorial donations may be made to Quincy Community Methodist Church, 40 Beale St., Quincy, MA 02170.

First Baptist Church Remote Worship Service

First Baptist Church of Wollaston, 81 Prospect Ave., Quincy, offers an online remote worship service.

Pastor David Choi will preach his sermon: "Obtain Glorious Freedom." Reader will be Christina Domingo.

Online dial-in/web meeting weekly schedule is:

- Sunday 10:30 a.m. - Worship Service
- Tuesday 6:30 p.m. - Fellowship/Sharing and Prayer Time
- Wednesday 6:30 p.m. - Community Group Meeting - Gospel of John
- Thursday 6:30 p.m. - Bible Classes - Epistle of Paul to Romans
- Friday 11 a.m. - Prayer Group Meeting

Go to the Home page of the church website: www.firstbaptistchurchofwollaston.org/ to join the online Sunday worship service and activities.

Online Cooking

Demonstration May 28

Join Colin McCullough for the second of his three online cooking demonstrations at 7 p.m. Thursday, May 28. Learn how to make four different tasty sauces for hearty and heart-healthy bowl meals using fresh, whole-food ingredients.

Since McCullough became vegan in 1995, he has been finding new ways to make healthy eating convenient and delicious, especially while raising two boys with healthy appetites. McCullough teaches private and public cooking classes throughout New England, sharing his experience and recipes with people who want to incorporate more whole-food, plant-based meals for health, compassion, and the environment.

Join on Zoom (meeting ID 873-8149-9949). The Crane Library recommends using the free Zoom app.

You can call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live on our YouTube channel at youtube.com/ThomasCranePublicLibrary.

If you're new to Zoom, the library recommends you install it and try it out beforehand (more than a few minutes before the program). If you're having trouble with it, ask us for help during our Help Desk hours.

McCullough's final online class will be 7 p.m. Thursday, June 4 when he shows us how to make healthy and decadent desserts.


This program is made possible by the support of the Friends of the Thomas Crane Library. To learn more about the Friends, visit thomascranelibrary.org/friends.

CLASSIFIEDS

SERVICES	SERVICES	SERVICES	SERVICES	SERVICES	SERVICES
DERRICKS PAINTING <i>When Quality Counts</i> Interior/Exterior Home Repairs Gutter Cleaning References Available 617-851-1688 <small>Licensed/Insured</small>	ACE WATERPROOFING INC. All Construction Exteriors 35 YEARS EXPERIENCE Licensed and Insured acewpinc@yahoo.com Masonry Waterproofing Roofs Call Jim Healy 617-230-4156	KERRY CONSTRUCTION INC. CARPENTRY, GUTTERS, DECKS REPLACEMENT WINDOWS & DOORS SHINGLE & RUBBER ROOFS FULLY INSURED & LICENSED JIM AT 617-825-0592	IMAGE LANDSCAPING <i>We are committed to your property.</i> QUALITY WORKMANSHIP FOR ALL YOUR LANDSCAPING NEEDS  SEASONAL CLEANUPS We Clean it, Trim it, Remove it! 617-471-0044 <small>FREE ESTIMATES</small>	T & M Landscape <ul style="list-style-type: none"> • Spring & Fall Cleanups • Power Washing • Lawn Mowing Services • Yard Mulching • Bushes & Trees Trimmed <i>Free Estimates</i> 617-733-4554 ~ AFFORDABLE RATES ~	Window & House Cleaning Dust - Vacuum, Etc. Yardwork - Painting Assembly - Chores By Keenan A Houghs Neck Homeowner 617-773-1084
Michael S. Jones Fine Home Painter -Proud Quincy Resident- -Workers Comp & Liability Insurance- -Lead Paint Certified- 857-526-4040 msjcoatings@gmail.com	GENERAL CONTRACTING <ul style="list-style-type: none"> • Carpentry • Roofing • Siding • Windows • Painting • Bathrooms Also, Handyman Jobs - Great References - Call 617.980.6558	 PLEASE RECYCLE THIS NEWSPAPER FOR SALE FOR SALE: Privacy Hedges -SPRING BLOWOUT SALE 6ft Arborvitae Reg \$179 Now \$80 Beautiful, Nursery Grown. FREE Installation/ FREE delivery, Limited Supply! ORDER NOW: 518-536-1367 www.lowcosttreefarm.com	 Riley Construction Commercial & Residential Roofing All Phases Windows and Gutters Quincy, MA 02169 (617) 472-3335 rileyconstruction@live.com	J.F. ROOFING Co. QUINCY, MA <ul style="list-style-type: none"> • Shingles • Rubber • Slate • Copper Vinyl Replacement Windows (617)471-8216	Kevin O'Connell <ul style="list-style-type: none"> •Landscaping •Gardening •Plantings -Premium Mulches Installed -Home Caretaking 617-922-0034
SERVICES Kevin O'Connell <ul style="list-style-type: none"> •Landscaping •Gardening •Plantings -Premium Mulches Installed -Home Caretaking 617-922-0034	FOR HIRE Garages, Decks, Pools, Hot Tubs Taken Away Interior Guts, Rubbish Piles, Green Bagsters Emptied DUMP TRUCK WITH LIFTGATE HOURLY RATES <i>"Your Trash Is My Cash"</i> 617-479-5410	HALLS FOR RENT MORRISETTE LEGION POST 81-83 Liberty St., Quincy Function Hall Available Call for Details 617-770-4876 Internet Capable • Weddings • Showers • Christenings • Meetings After Funeral Gatherings	DG'S YARD MAINTENANCE <ul style="list-style-type: none"> • LAWN MOWING • Mulching, Weeding & Edging • Small Tree Removal • Hedge & Shrub • Overseeding/Sod • Trimming or Removal • FULLY INSURED • Rototilling & Dethatching <i>Serious about Service... Reasonable Rates</i> CLEAN-UPS 617-786-9558...FREE ESTIMATES	PERSONAL THANK YOU ST. JUDE, BLESSED MOTHER, ST. ANTHONY, ST. JOSEPH, ST. PEREGRINE J.D. Wishing Our Neighbors a HEALTHY, HAPPY Year Ahead. All Our Love, Eleanor & Sal Venezia	HELP WANTED HELP WANTED DG's YARD MAINTENANCE HELP WANTED Contact Dana (617)786-9558

HELP WANTED
HELP WANTED
DG's YARD MAINTENANCE
HELP WANTED
Contact Dana (617)786-9558

REPORT POTHOLES
 Potholes are a year-round problem and should be reported to the Department of Public Works.
617-376-1914



THE SALVATION ARMY
 DOING THE MOST GOOD - THE SALVATION ARMY

SERVICES
M&M SALVAGE
 - CLEANOUTS
 - CASH FOR CARS
 - FREE SCRAP REMOVAL
617-842-8205


JANSKY MECHANICAL
 PLUMBING • HEATING • COOLING
 Residential & Commercial
 WWW.JANSKYMECH.COM
 We'll work with you!
 Heating Systems
 A/C Repair
 Kitchen & Baths
EMERGENCY SERVICE (781) 821-0422
 janskytech@gmail.com
 Bob Jansky
 MA. Lic. #15288
 195 Turnpike Street
 Canton, MA 02021

FOR RENT
FOR RENT QUINCY OFFICE
 Available now. Reasonably priced Quincy office in suite. Suitable for health care professional or consultant. Handicapped Accessible
 Ellen Sampson, 617-719-0363

 **PLEASE RECYCLE THIS NEWSPAPER**

The Quincy Sun CLASSIFIED AD FORM
 MAIL TO: THE QUINCY SUN, 1372 HANCOCK STREET, QUINCY, MA 02169
 PAYABLE IN ADVANCE. Payment must accompany order.

INDEX	RATES	
<input type="checkbox"/> Services	1 WEEK	<input type="checkbox"/> \$9.00 for one insertion, up to 20 words, 10¢ for each additional word.
<input type="checkbox"/> For Sale	2-4 WEEKS	<input type="checkbox"/> \$8.00 per insertion up to 20 words for 2-4 insertions of the same ad, 10¢ each additional word.
<input type="checkbox"/> Autos	5-10 WEEKS	<input type="checkbox"/> \$7.50 per insertion, up to 20 words, for 5-10 insertions of the same ad 10¢ for each additional word.
<input type="checkbox"/> Boats	11 WEEKS OR MORE	<input type="checkbox"/> \$7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word.
<input type="checkbox"/> For Rent		
<input type="checkbox"/> Wanted		
<input type="checkbox"/> Help Wanted		
<input type="checkbox"/> Work Wanted		
<input type="checkbox"/> Pets		
<input type="checkbox"/> Lost & Found		
<input type="checkbox"/> Real Estate		
<input type="checkbox"/> Antiques		
<input type="checkbox"/> Flea Markets		
<input type="checkbox"/> Yard Sales		
<input type="checkbox"/> Instruction		
<input type="checkbox"/> Day Care		
<input type="checkbox"/> Personal		
<input type="checkbox"/> Miscellaneous		

☐ Enclosed is \$ _____ for the following ad to run _____ weeks in **The Quincy Sun.**
 COPY: _____

NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION.
 DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

M
A
Y

2
1

2
0
2
0

Newly Donated Quirk Van Helps YMCA's 'Steady Seven' Deliver Food to COVID-19 Affected Communities

Long lines of people standing stoically in the cold and the rain waiting for hours to receive essential food items are becoming the new norm for the South Shore YMCA's Germantown Neighborhood Center Food Pantry since the onset of COVID-19.

"We're on the front line every day and you have to really put yourself in a different place when you're out there. It's surreal. It's like you're in a dream. I've done social service work my entire career, and I've never seen anything like it," said Kathy Quigley Development Director at the South Shore YMCA.

Facing a dramatic rise in emergency food pickup and delivery runs and knowing the demand for food was growing by the day, the YMCA staff was devastated when the 14-year-old van that served as its main delivery vehicle broke down.

Knowing that Daniel J. Quirk, Founder and CEO of Quirk Automotive has been a long-time supporter of community organizations like the YMCA, Quigley reached out to see if there was anything that could be done to help.

"The call to Mr. Quirk was made at 4 p.m. on a Tuesday, and by 4:30 p.m. that same day I was at the Quirk dealership meeting with Mr. Quirk who began showing us the best vans at the facility, and explaining which ones had the best navigation system, equipped with better turning radius and a history of fewer accidents. Knowing the scope of our work, he graciously matched us up with the best van to fit our needs," said Paul Gorman, President and CEO of the South Shore YMCA.

"We are providing more food than we ever have in the history of the South Shore YMCA. Food output has more than quadrupled since the outbreak of COVID-19. We have seen our food output demand increase from around 5,000 pounds a week to 20,000 pounds of food per week," said Gorman.

Gorman said he appreciates how quickly Dan Quirk stepped forward to address the community need, especially during such a difficult time for so many businesses and donors. "We are extremely grateful for Mr. Quirk, and with this gift of a new van, we will be able to continue the important work

that we do for our communities," said Gorman.

Many food pantries are in dire need of extra hands but can't bring them aboard due to the dangers of spreading the virus, leaving skeleton crews manning the endless stream of individuals and families who are in desperate need of food and shelter.

"We wanted to keep things contained. Under normal circumstance we may have 20 volunteers in-house at any one time, but once COVID-19 hit, we had to pull things back for the safety of everyone. We're running lean and mean," said Patrick Murphy, senior executive director of the Quincy YMCA.

Keeping these concerns in mind, the YMCA has come to depend on a limited staff which they are referring to as the "Steady Seven", comprised of seven dedicated employees Monday through Friday who are working four times the hours and leaving their homes and families earlier and coming home later than ever before, said Murphy.

In addition to trying to accommodate increased food demands, the South Shore YMCA association has been facing tremendous financial hardships attributed to business restrictions and lost revenue resulting from COVID-19. "We're looking at a good week, if we can keep our losses around the \$150,000 range. A bad week falls closer within the \$300,000 range," said Gorman.

"In one hundred and thirty years, we have been through wars, pandemics, recessions and depressions, and yet we continue to evolve. We know we'll come out on the other side of this, we might look a little different, but we'll still be here."

Donations to the South Shore YMCA to benefit their Germantown Neighborhood Food Pantry can be made online at: <https://ssymca.org/give/donate/>.

Established in 1977, Quirk Auto Dealers is an award-winning auto group serving the New England region with numerous dealerships located throughout New Hampshire and Massachusetts. To learn more about Quirk Automotive, visit <https://www.quirkcars.com/>. Follow them on Facebook, Twitter, Instagram and LinkedIn for company information, industry news, helpful tips and more.



DAN QUIRK (left), CEO of Quirk Automotive, and South Shore YMCA President and CEO Paul Gorman stand in front of the van that Quirk donated to the YMCA to help the organization's Germantown Neighborhood Center Food Pantry/Food Services delivery runs.

Courtesy Photos



QUIRK VAN being unloaded with supplies for the YMCA's Food Pantry at the Germantown Neighborhood Center.

BBB Scam Alert: Moving Scams

Many consumers may be moving in the near future, either as a result of the COVID-19 pandemic or other reasons. Careful research before hiring a moving company is necessary to avoid falling victim to a moving scam. Scammers can turn relocating into an expensive nightmare. These scams run the gamut from missing items, massive price hikes, and in some cases, goods being held hostage for additional payment.

How a Moving Scam Works:

There are several versions of moving scams. The simplest is getting a quote and leaving a deposit, but the "movers" never show. In another variation, the moving company quotes a price based on weight. After loading, they inform you that your belongings went over the weight estimate and the additional weight will be a lot more per pound (sometimes double).

With the most egregious scheme, everything seems to be fine. The movers quote a price, arrive on time, and load your belongings on a truck. But when the truck doesn't show up at your new home, either your belongings are simply gone forever or are being held "hostage" and you have to pay another fee before scammers will deliver them.

Tips to Spot

a Moving Scam:

• **Watch out for signs of a fly-by-night company.** Look out for company websites that have no address and no information about a mover's registration or insurance. Another warning is if telephone calls are answered with a generic "movers" rather than a company name, or the mover uses rented trucks. Another tip-off is the moving company that doesn't make an on-site inspection but does estimates over the phone.

• **Be wary of unusual re-**

quests. If a mover asks for a large down payment or full payment in advance, that may be a warning sign. And if a company says it won't return your items to you without more money than you agreed to pay, contact BBB or local law enforcement for help.

• **Get everything in writing.** Check licensing with the authorities (in the U.S., use this tool from the Federal Motor Carrier Safety Administration to check out interstate movers), confirm insurance coverage, and get a written contract. Carefully read the terms and conditions of the contract, as well as the limits of liability and any disclaimers. Make sure pick-up and delivery dates are spelled out and understand how the rate is being calculated. Don't pay cash and don't prepay or make a large deposit. Understand the terms of the insurance coverage and consider purchasing full value protection.

• **Keep an inventory of your belongings.** Make a detailed inventory of your property and number the boxes they are packed in for tracking. Know that a mover is not liable for loss or damage of contents in customer-packed boxes, unless there is provable negligence on the part of the mover.

• **Ask questions.** Don't be afraid to ask questions about anything you don't understand. If the moving company can't or won't answer your questions, you might want to look for another mover.

The American Moving and Storage Association (AMSA) has provided Guidance for Consumers Moving During the Coronavirus Outbreak. Among their tips are to follow CDC guidelines, ask how the movers will mitigate health risks of COVID-19, and provide cleaning products and/or hand sanitizer for your movers.

Scouts Salute Healthcare Workers, First Responders

Boy scouts from Troop 42 in Quincy recently saluted healthcare workers and first responders who are on the frontlines of the COVID-19 pandemic.

The scouts and their families visited five different locations – Quincy police and fire headquarters, Brewster Ambulance, Manet Health Care, and South Cove Manor – throughout the day on May 3. A scout and their parents went to each location with a sign and balloons to give thanks to each of those organizations.

"It's a stressful time for all, especially front-line staff," said Helen Chin Schlichte, a member of South Cove Manor's executive board. "Troop 42's thoughtful gesture was received with much gratitude."

Participating in the event were the Morabito family, scouts Anthony and Jessica, along with parents John and Dawn, at police headquarters; the Gillespie family, scouts Iain and Elena, along



Photos Courtesy Boy Scout Troop 42, Quincy

with parents Irene and Kevin, at Brewster Ambulance; the Healy family, scout Aidan and mother Nicole, at Brewster Ambulance;

the LeLacheur family, scout Gwen and mother Marcy, at South Cove Manor; and the Barber family, scout Billy and mother Maria, at Manet.



M
A
Y

2
8

2
0
2
0